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$200M hail damage 'staggering'

Half a billion. That's the estimated cost of damage caused by a year's worth of storms in Alberta, including Aug. 12's hail

ROBSON FLETCHER
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The August storm that pummelled Calgary with golf-ball-sized hail caused the bulk of more than $200 million in insured damages this summer, according to the Insurance Bureau of Canada.

Heather Mack, a director with IBC's Alberta division, described the scale of the destruction as "staggering."

But the total price tag didn't come as a surprise to the manager of one car dealership that was hit particularly hard.

"To be honest, I thought it would be higher than that," said Murray Dorren of Royal Oak Audi, based on his own experience in the northwest part of the city, which was hit by some of the largest chunks of ice on Aug. 12.

Dorren estimated the damage at his dealership to be $1.5 million.

Hundreds of vehicles at four other dealerships in the same auto mall were also heavily damaged.

The $200-million estimate includes the Aug. 12 hailstorm and a July 26 storm that struck southern Alberta, causing damage from Cardston to Nanton.

By comparison, a band of storms that struck southern Ontario from Hamilton to Ottawa July 22 to 23 caused only $80 million in damage, according to IBC.

Frequent summer hailstorms in Calgary have prompted Karen Ashraff to start building a garage at her northwest home in order to protect her and her husband's vehicles.

"For the past three years we've gotten hail damage on our vehicles," she said.

"We have the lowest deductible possible because we know it's going to happen every year."

Combined with a July storm in Edmonton and a massive storm last November, the IBC pegs total storm-related losses in Alberta over the past 12 months at roughly $500 million.

Annual cost

$1.6B

Catastrophic events, mostly related to extreme weather, caused roughly $1.6 billion in damage across the country in 2011, according to an Insurance Bureau of Canada report.

Resident reaction

"For the past three years we've gotten hail damage on our vehicles."

Karen Ashraff, Calgary resident, who is building a garage at her home to protect her family's vehicles from hail

Karen Ashraff displays a chunk of hail that fell on her property in northwest Calgary on Aug. 12 during a violent storm. Frequent hailstorms in the city have prompted her family to start building a garage in order to protect their vehicles. ROBSON FLETCHER/METRO

Thieves nab local art

Three paintings have been stolen from a community beautification project dreamt up by a 10-year-old boy PAGE 3

Beefing up security

U.S. sends in marines to Tripoli, Libya, following mob violence that killed the U.S. ambassador and three other Americans PAGE 12

Rockin' Moroccan

Looking to perk up your decor? Accessories with a Moorish flair lend a touch of modern flavour PAGE 34

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Three face charges

Beating victim dies in hospice

Police confirmed Wednesday a 49-year-old attacked more than three months ago on a Calgary street has died of his injuries.

John Fernando Herrera-Garcia, who had recently been moved to a hospice after spending months in hospital, is the city's 10th homicide victim of 2012.

According to a release, police will now consult with Crown prosecutors on upgrading charges stemming from the seemingly unprovoked beating.

Garrett Elliott Lee Smith, 26, Jarod Donald Henry, 22, and Chantelle Tiffany Campbell, 27, currently face attempted-murder charges and were scheduled to next appear in court in October.

METRO

Four incidents

Man charged in alleged foot-related assaults

A Calgary man has been arrested following four assaults that have taken place over the past year.

Police say Mateusz Trojanowski, 21, has been charged with three counts of assault and one count of sexual assault.

In each instance, police say a man approached middle-aged women while they were at a grocery store or shopping mall parking lot and expressed interest in their pedicure or manicure.

He then had them place their feet within touching distance and inappropriately touched their foot, according to police.

Trojanowski is expected to appear in court on Sept. 17.

Anyone who may have experienced a similar encounter is asked to call police at 403-266-1234.

METRO

Ten-year-old Mac Hughes, left, has been enlisting artists like Andrew Lester to submit paintings to beautify Kensington-area construction projects, but thieves have walked off with three of the creations in recent weeks. JEREMY NOLAIS/METRO

Thieves steal from art project dreamt up by boy

Initiative. Community beautification idea attempts to overcome construction eyesore

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Three paintings meant to beautify a Calgary construction zone have been stolen in recent weeks and those with art still on display fear those responsible may strike again.

And just the thought that someone would disrupt the community project for personal gain is enough to tick off its 10-year-old brainchild.

"They're just paintings," said Mac Hughes. "It's not like you are going to make a lot of money. It really sucks."

Mac thought up the idea while walking past the Pixel by Battistella condo project in Kensington earlier this summer. With the help of his father, the youngster has enlisted more than 90 artists to offer up their paintings to put around the exterior of the Pixel development and another construction sites in the community.

But now questions abound for those involved, like moonlighting artist Andrew Lester. He submitted two pieces, each requiring dozens of hours of work, and someone walked off with one over the weekend.

Even more troubling is the fact that they inexplicably left another painting in its place.

Police notified

- A Calgary police spokesperson confirmed Wednesday they had received a report on the thefts and were waiting to follow up with the complainant.

"I am worried they may take the other one," Lester said. "That's not why it was there. It was for public consumption, not private consumption."

Fellow artist Jolies Rauchbar is finding the theft of her colourful cat-face painting more ironic than anything.

"I called it 'I Trust You,'" she exclaimed. "Imagine that."

Police have been notified of the thefts and Mac is trying to remain optimistic.

"Maybe they will bring them back," he said.

Follow Jeremy Nolais on Twitter @Metro_Nolais

1 NEWS

Mobile news

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Supplier reports spike in sales of personal breathalyzers

Drinking and driving. Increase comes after province institutes new legislation

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Hundreds of personal breathalyzers are being shipped to Alberta to fill customer demand in the wake of changes to provincial impaired-driving legislation.

As well, bar owners say they are continuing to mull the pros and cons of installing a wall-mounted device for patron use.

Since the second phase of Bill 26 came into effect Sept. 1, Tim Salter, owner of Breathalyzer Canada, a national distributor of personal blood-alcohol testing devices, says he has seen a 300 per cent upswing in sales.

"It's just like before Christmas: Everyone's scrambling to buy presents for their loved ones," he said with a laugh, adding similar jumps were seen in Ontario and B.C. when those provinces rolled out changes to their own impaired legislation in recent years.

Device details

- Metro surveyed online sale prices among personal-breathalyzer distributors and found they run anywhere from $50 to $300.
- Breathalyzer Canada claims its devices provide accurate blood-alcohol readings to within .005.

The new law sees suspensions for a blood-alcohol level between .05 and .08 extended from 24 hours to three days. Earlier this summer, the province also introduced indefinite suspensions for drivers found over the .08 threshold established in the Criminal Code of Canada.

Opinions of the personalized breathalyzers offered by Salter and other organizations have been mixed among lawmakers and enforcers.

"They are tools that people can use to make responsible choices, but they do not have the same validity as the ones used by police officers," said Parker Hogan, spokesperson for Alberta Transportation. "They are not calibrated, they are not tested, they do not meet the same standards."

And it's those very concerns expressed by Hogan that continue to pose a dilemma for bar owners like Wayne Leong.

"It's something we have considered offering for our customers," said Leong, who runs Calgary's Melrose Café & Bar. "The problem is we don't want someone blowing into this thing, thinking they are OK, then getting stopped and finding out they're not OK."

Speedsters hit the ice ahead of weekend competition at Oval

From left, speedskaters Jessica Hewitt, Marianne St-Gelais and Valerie Lambert practise at the University of Calgary's Olympic Oval on Wednesday. The three are among 32 Canadian skaters who will compete in the fall world cup short-track selections from Friday to Sunday at the Oval. The event is open to the public and admission is free. The top skaters will qualify for the first four world-cup races of the season. ROBSON FLETCHER/METRO

Council says the city won't put any more public money into the proposed arena than its share of a $450-million financing deal. The Katz Group says the project can't be completed for that amount. CONTRIBUTED/CITY OF EDMONTON

Project. Edmonton council rules out more arena cash

No additional public money will be put into a proposed downtown arena, Edmonton city councillors said Wednesday.

Council met in private to discuss a request for an undisclosed amount of money from the Katz Group, after which Edmonton Mayor Stephen Mandel said council voted to stick with the cost-shared $450-million deal agreed upon last October.

"Council has made the decision that they're willing to stand behind and support the motion that was passed in October that was, in my opinion, a very good deal for all parties," said Mandel. "It kept sustainable, strong, great NHL hockey here."

In a statement, Katz Group vice-president John Karvellas said it has come to light the project can't be done for $450 million, and doing so would be sacrificing an "iconic" arena.

Karvellas also said the Katz Group has offered to pay a fair share of extra costs, but Coun. Don Iveson said discussions on Wednesday didn't centre around the cost of the building.

"It has to do with concessions they want over the 35 years of operation," he said. "Additional public subsidies."

Coun. Bryan Anderson said the new requests are "way too substantial and way too unacceptable."

"It looks like Katz is having second thoughts about a variety of things," he said.

When asked if he was still optimistic about the project going forward, Mandel hesitated. "Optimistic might not be the best word. Frustrated might be a better word."

HEATHER MCINTYRE/
METRO IN EDMONTON

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SHOPPERS DRUG MART

Glenbow posts largest deficit yet: $1.67M

Assembly. 'Nobody pretends these are anything but challenging times,' board chair tells members

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For the fourth consecutive year, the Glenbow Museum has posted a seven-figure operating loss and drawn on its dwindling endowment funds to cover the shortfall.

"We continue to be concerned about the short-term financial situation of the Glenbow," board chair Jack Thrasher told about 100 people who gathered for the museum's annual general assembly on Wednesday, where it was revealed that the deficit for the 2012 fiscal year, which ended March 31, amounted to $1.67 million.

That's the largest deficit yet for the museum, forcing it to once again dip into the endowment funds on which it relies for investment income.

The value of those funds stood at $29.5 million, down $1 million from the year before.

"These draws on the endowment are made as loans," CFO Wayne Braun said, adding that the intent is that the money "will be repaid."

The museum's line of credit was also pushed "almost to the maximum" last year, Braun said.

CEO Kirstin Evenden described the museum as "Calgary's cultural cornerstone" and "a truly special place" that needs to be preserved.

Through measures like new fundraising approaches and staff restructuring, she said a strategy is in place to return the museum to balanced budgets.

Kirstin Evenden addresses Glenbow Museum members and the public at the museum's annual general assembly on Wednesday. Seated beside her is board chair Jack Thrasher. ROBSON FLETCHER/METRO

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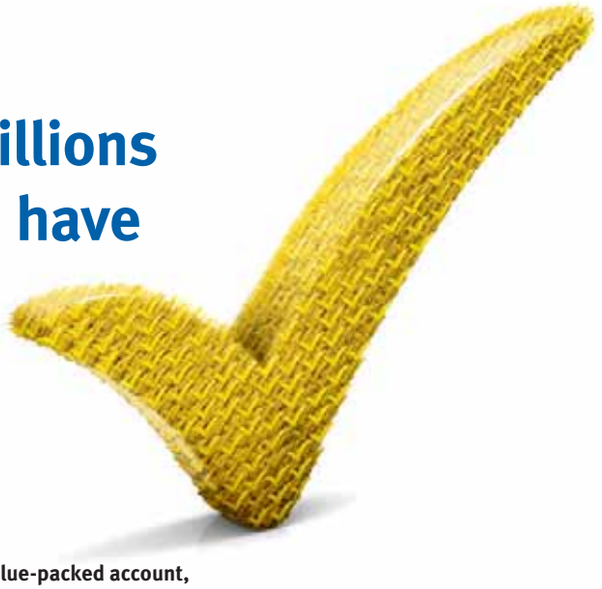

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Northern Gateway pipeline.
Enviros plan mass sit-in at British Columbia legislature

David Suzuki is one of the backers of the sit-in, according to Greenpeace. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Opponents of the proposed Northern Gateway pipeline are organizing what they're calling the largest act of peaceful civil disobedience on the oilsands issue in Canada.

Greenpeace Canada says a mass sit-in planned for the front lawn of the B.C. legislature in Victoria on Oct. 22 is backed by more than 80 leaders from the business, First Nations, environmental, labour and academic communities across Canada.

The group says those supporters include environmentalist David Suzuki, former Canadian UN ambassador Stephen Lewis, Council of Canadians chair Maude Barlow, lawyer Clayton Ruby, author Naomi Klein and economist Mark Jaccard.

Barlow says the protest is aimed at showing that attempts to gut Canada's environmental laws and put a price tag on the B.C. coast need a public response.

Environmentalist Tzeporah Berman says the risk of oil spills from Alberta to B.C. is too great.

The sit-in is aimed building on similar protests last year, including one in Ottawa in September and another in Washington, D.C., in August that opposed the Keystone XL pipeline.

THE CANADIAN PRESS

New West LRT line

Downtown C-Train station to close permanently

One downtown C-Train station will be permanently closed this weekend in order to tie in the new West LRT line.

The 10th Street SW station will be closed on Sept. 15 and demolished.

According to the city, the demolition of the station is necessary to complete the linking of the 7th Avenue corridor with the new West LRT line.

A new station, which will be called Downtown West-Kerby Station, is being built at 11 Street SW and is expected to be open for use around March 2013.

Until that time, the 8th Street Station will be the last stop heading west out of downtown.

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Deadline set by pro-HPV vaccine group passes

Stalemate. Members on either side of debate surrounding Calgary Catholic school board appear unwilling to budge

JEREMY NOLAIS
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Publicly elected officials with Calgary's Catholic school board stayed away from discussion of vaccinating children against a dangerous virus at a meeting Wednesday, seemingly setting the stage for legal recourse in the process.

But Mary Martin, trustee board chair for the Calgary Catholic School District, was quick to point out that the organization will assist parents wishing to utilize the human papiloma virus (HPV) vaccination program offered by Alberta Health Services.

"We recognize that this is a very emotional issue for people," Martin added. "Not everybody's going to be happy."

HPV is widely regarded as a leading cause of cervical cancer and nearly every metropolitan Catholic board across Canada has adopted a school-based vaccination program.

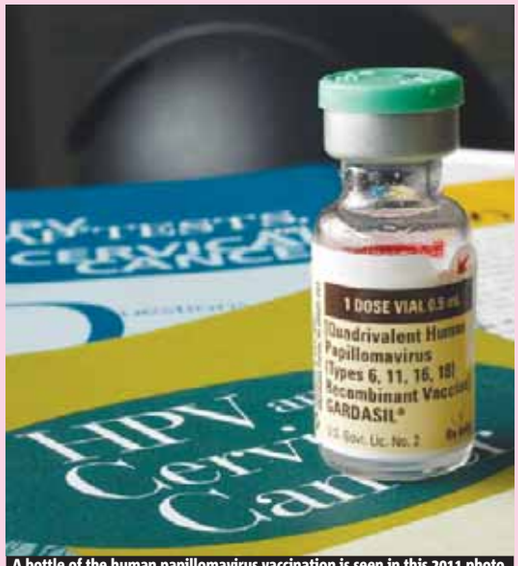
Advocacy group HPV Calgary, which is made up primarily of concerned medical professionals and parents, had said if introducing such a program locally was not put to a public vote during a meeting of the board of trustees Wednesday, it would launch a fundraising campaign to challenge the stance in court.

Spokesperson Juliet Guichon said she found Wednesday night's events — or lack thereof — "deeply disappointing."

"Why is it so difficult to encourage a school board to cooperate with public health in the interests of children, particularly disadvantaged children, to help prevent cancer?" she said.

On the web

To assist parents further, CCSD has increased the number of languages in which it offers HPV-related materials, and expanded a frequently asked questions section on its website, cssd.ab.ca.



A bottle of the human papillomavirus vaccination is seen in this 2011 photo.
GETTY IMAGES FILE

Downsizing their home. Tiny House movement inspires Calgary couple

Calgary couple Kirsten Shaw and her husband, Michael Hunt are tired of never quite getting financially ahead in life despite working long and hard hours.

Shaw, Hunt and their 13-year-old son Chase think they have found the solution to this somewhat common economic problem — eliminating hefty rental and utility bills by downsizing in a rather unconventional way.

Inspired by a gift from a friend — a book about tiny homes — Shaw and her family has decided to downsize their residence to a mere 300 square feet of living space spread across an eight-foot-wide by 24-foot-long trailer and the cargo space of a five tonne truck.

Construction of the home, which will be done by Hunt who is a contractor by trade is still in its initial stages. But the family has already acquired the trailer and truck they need for the project.

Shaw admitted that many people have questioned how the family will function in such tight quarters.

But Shaw said she just laughs and tells them they don't plan on spending much time indoors, "that's the whole point."

"We're going to explore Canada from one end to the other," she said, adding the experience will finally give the family some much needed quality time together.

CELESTE DE MUELENAERE/FOR METRO

Kirsten Shaw's dream tiny home will be similar to the one pictured. Her only real dream item, she said, is enough power for her hairdryer.
CONTRIBUTED

Health research. Donation spurs creation of dementia chair at University of Calgary

Help for vascular dementia patients got a big boost Wednesday, after a donation to help create a research chair at the University of Calgary.

The Taylor family donated $5 million for the creation of the Katthy Taylor Chair in Vascular Dementia, which will help spearhead research into a health problem that affects thousands of Canadians.

Dr. Eric Smith, a member of the University of Calgary's Hotchkiss Brain Institute, has been named the first Katthy Taylor Chair in Vascular Dementia.

According to the University, Alzheimer's and vascular dementia are responsible for 80 per cent of dementia cases. METRO

Donation

$5M

The amount donated by the Taylor family toward the creation of the Katthy Taylor Chair in Vascular Demenita

Irrigation system

Upgrade work underway at Optimist Park

City crews will invest $1.2 million into upgrading a dated irrigation system at one of Calgary's largest parks.

The current system in place at Optimist Park is more than five years past its lifecycle expectancy. The upgrading project has already begun and will be completed by fall 2013, according to a release issued Wednesday.

Optimist Park features 10 athletic fields. METRO

Education

Enrolment jumps in Catholic schools

Enrolment in Calgary's Catholic schools is exceeding expectations this semester. A preliminary report offered to the district's board of trustees suggests 4.5 per cent more students are taking in classes compared to last year.

The increase is being felt at every grade level and follows general provincewide trends.

A more detailed and exact enrolment count will be published Sept. 30. METRO

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Rasoi Kitchen Restaurant, located on 33 Avenue in Marda Loop, kicked off the Tips for Terry program on Wednesday night and will continue the program throughout the weekend. Rasoi owner Jash Sandhu said although it is his restaurant's first year participating it certainly won't be the last. CELESTE DE MUELENAERE/ FOR METRO

Dine out, fight cancer

Terry Fox. Calgary restaurants donating tips to raise funds for Terry Fox Foundation

CELESTE DE MUELENAERE
calgary@metronews.ca

Planning to dine out this weekend? Why not help fight cancer as well?

For the fourth year running the Terry Fox Foundation has teamed up with Calgary Restaurants in their Tips for Terry program.

The charity initiative encourages local eateries and staff to donate their tips to the cancer-fighting foundation in conjunction with the Terry Fox Run, taking place on Sunday.

Mastermind behind the program is Taste Restaurant owner Brendan Bankowski.

Bankowski considered Terry Fox his hero growing up — and still does — ever since he was a young boy and watched the cancer crusader run across Canada.

When Bankowski opened the doors to his "22-seat, hole-in-the-wall joint" he said he knew immediately he wanted to do something with the Terry Fox Foundation.

"We ran it as a small in-house charity event all the staff could participate in and it's sort of grown into what it is today with 19 restaurants participating," Bankowski said.

Foundation spokesperson Kelsey Riecken said they hope to double what they've raised in the past by people simply donating a little extra when they are out and about over the weekend.

"(Our hopes are) that every year people go out for dinner or drinks before the run so it kind of becomes a Terry Fox weekend."

Gratuitous

- Tips for Terry is a fundraising program that was initiated by Taste Restaurant owner Brendan Bankowski that encourages restaurants and staff to donate their tips from a single night between Sept. 14 – 16.

Transportation

City staff hit malls for feedback

City transportation officials will be taking to Calgary malls in the coming weeks to discuss major projects with citizens.

Beginning this week, City of Calgary staff are setting up shop in an effort to solicit feedback on things like transportation priorities and funding allocation.

The transportation department is also hoping to draw attention to Calgary Transit's Route Ahead program, which is a long-term plan for the system.

Transportation staff can be found at Chinook Centre on Sept. 15 between 11 a.m. and 3 p.m., and at Sunridge Mall on Sept. 29 from 11 a.m. to 3 p.m. They will also be at Southcentre on Oct. 13 and at Northland Village on Oct. 20. METRO

Operation KidSafe

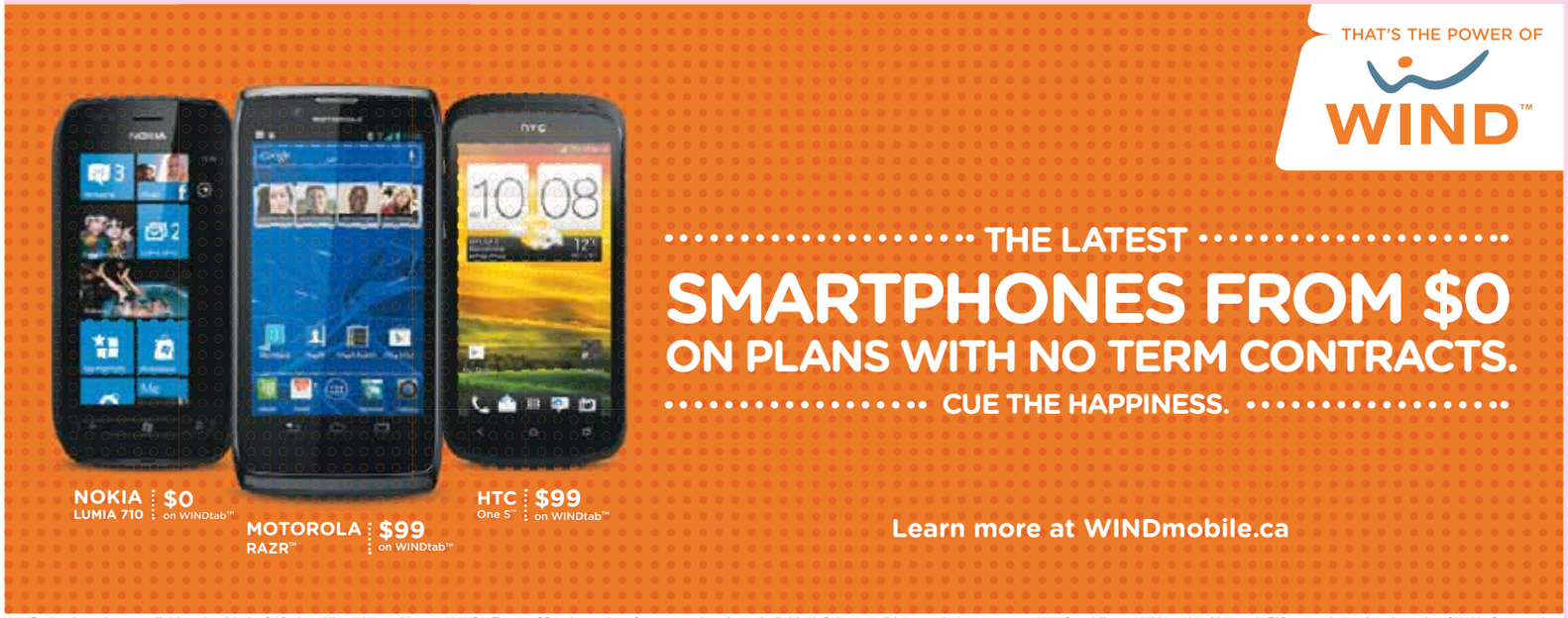
Kids' digital fingerprinting hits Canada via Calgary

The first Canada-based fingerprint station for kids was unveiled in Calgary on Wednesday at Charlesglen Toyota Scion.

Operation KidSafe has helped thousands of children in North America and will now be available to Calgary families.

Starting Sept. 12, parents can rest a little easier by starting a free life-time safety record for their kids.

The purpose is to better equip parents by providing all the tools law enforcement needs to act swiftly in an emergency. METRO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$178
TORONTO
FROM $175 + $67 TAXES/FEES/SURCHARGES
$242
USA: ONE-WAY sample prices from Calgary, for travel as indicated below.
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$217
PHOENIX
SEPT. 27, 2012 – FEB. 7, 2013
FROM $139 + $89 TAXES/FEES/SURCHARGES
$228
PORTLAND, OR
SEPT. 27, 2012 – FEB. 7, 2013
FROM $149 + $89 TAXES/FEES/SURCHARGES
$238
SUN: ONE-WAY sample prices from Calgary, for travel as indicated below.
NASSAU
SEPT. 20, 2012 – DEC. 12, 2012
JAN. 9, 2013 – FEB. 7, 2013
FROM $219 + $74 TAXES/FEES/SURCHARGES
$293
BARBADOS
SEPT. 20, 2012 – DEC. 12, 2012
JAN. 9, 2013 – FEB. 7, 2013
FROM $259 + $76 TAXES/FEES/SURCHARGES
$335
MEXICO CITY
SEPT. 20, 2012 – DEC. 12, 2012
JAN. 9, 2013 – FEB. 7, 2013
FROM $247 + $140 TAXES/FEES/SURCHARGES
$387
INTERNATIONAL: ROUND-TRIP
sample prices from Calgary. Departure dates as indicated below.
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SEPT. 27, 2012 – DEC. 10, 2012
DEC. 31, 2012 – JUNE 6, 2013
FROM $465 + $430 TAXES/FEES/SURCHARGES
$895
LONDON HEATHROW
OCT. 26, 2012 – DEC. 16, 2012
DEC. 24, 2012 – MARCH 24, 2013
FROM $558 + $625 TAXES/FEES/SURCHARGES
$1183
SANTIAGO
SEPT. 13, 2012 – DEC. 9, 2012
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U.S. sends marines to Libya after ambassador, staff killed by mob

Tripoli. Storming of consulate on 9-11 anniversary linked to anti-Muslim video, while U.S. investigates whether this was a terrorist attack

Egyptian protesters burn a U.S. flag and chant anti-U.S. slogans during a demonstration in front of the U.S. Embassy in Cairo on Wednesday as part of widespread anger across the Muslim world about a film ridiculing Islam's Prophet Muhammad. NASSER NASSER/THE ASSOCIATED PRESS

The U.S. dispatched an elite group of marines to Tripoli on Wednesday following a mob attack that killed the U.S. ambassador to Libya and three other Americans. U.S. officials are investigating whether the violence was a backlash to an anti-Islamic video with ties to Coptic Christians, or a plot to coincide with the anniversary of the 9-11 attacks.

Tuesday's stunning attack on the American Consulate in Benghazi poses a daunting task for U.S. and Libyan investigators: searching for the culprits in a city rife with heavy weapons, multiple militias, armed Islamist groups and little police control.

The one-story villa that serves as the consulate was a burned-out wreck after the crowd armed with machine-guns and rocket-propelled grenades rampaged through it. Slogans of "God is great" and "Muhammad is God's Prophet" were scrawled across its scorched walls. Libyan civilians strolled freely in charred rooms with furniture and papers strewn everywhere.

U.S. President Barack Obama vowed in a Rose Garden address that the U.S. would "work with the Libyan government to bring to justice" those who killed Ambassador Chris Stevens, information manager Sean Smith and two other Americans who were not identified. Three other Americans were wounded.

Stevens was the first U.S. ambassador killed in the line of duty in 30 years.

"We reject all efforts to denigrate the religious beliefs of others, but there is absolutely no justification for this type of senseless violence. None," said Obama, who also ordered increased security at U.S. diplomatic posts abroad.

Republican Mitt Romney accused the Obama administration of showing weakness in the consulate killings, but the president retorted that his rival "seems to have a tendency to shoot first and aim later." Some in the Republican Party called Romney's remarks hasty.

The mob attack on Tuesday — the 11th anniversary of the Sept. 11, terrorist strike in the U.S. — was initially presumed to have been a spontaneous act triggered by outrage over a movie called "Innocence of Muslims" that mocked Islam's Prophet Muhammad that was produced in the U.S. and excerpted on YouTube. The amateurish video also drew protests in Cairo, where angry ultraconservatives climbed the U.S. Embassy's walls, tore down an American flag and replaced it with an Islamic banner.

But a U.S. counterterrorism official said the Benghazi violence was "too co-ordinated or professional" to be spontaneous. The official spoke on condition of anonymity because he was not authorized to discuss the incident publicly.

The FBI was sending evidence teams to Libya, a law enforcement official said.

Libya's new leadership — scrambling to preserve ties with Washington after U.S. help to overthrow former dictator Moammar Gadhafi — vowed to find those behind the attack. THE ASSOCIATED PRESS

Quoted

"Canada strongly condemns and deeply regrets yesterday's senseless attack on the U.S. consulate in Benghazi, Libya.... We also urge Libyan officials to ensure the extremists responsible are brought to swift justice."

Canadian Foreign Affairs Minister John Baird, who said Canada is reviewing the security situation at its embassy in Tripoli in the wake of the killing of American diplomats in Libya

Pseudonyms

Man confirms role in anti-Islam film amid mystery

The search for those behind the provocative, anti-Muslim film that triggered mobs in Egypt and Libya led Wednesday to a California Coptic Christian convicted of financial crimes who acknowledged his role in managing and providing logistics for the production.

Nakoula Basseley Nakoula, 55, told The Associated Press that he was the manager for the company that produced Innocence of Muslims, which mocked Muslims and was implicated in inflaming mobs in Egypt and Libya.

Nakoula denied he directed the film and said he knew the self-described filmmaker, Sam Bacile. But the cellphone number that AP contacted Tuesday to reach the filmmaker who identified himself as Sam Bacile traced to the same address near Los Angeles where AP found Nakoula. Federal court papers said Nakoula's aliases included Nicola Bacily, Erwin Salameh and others.

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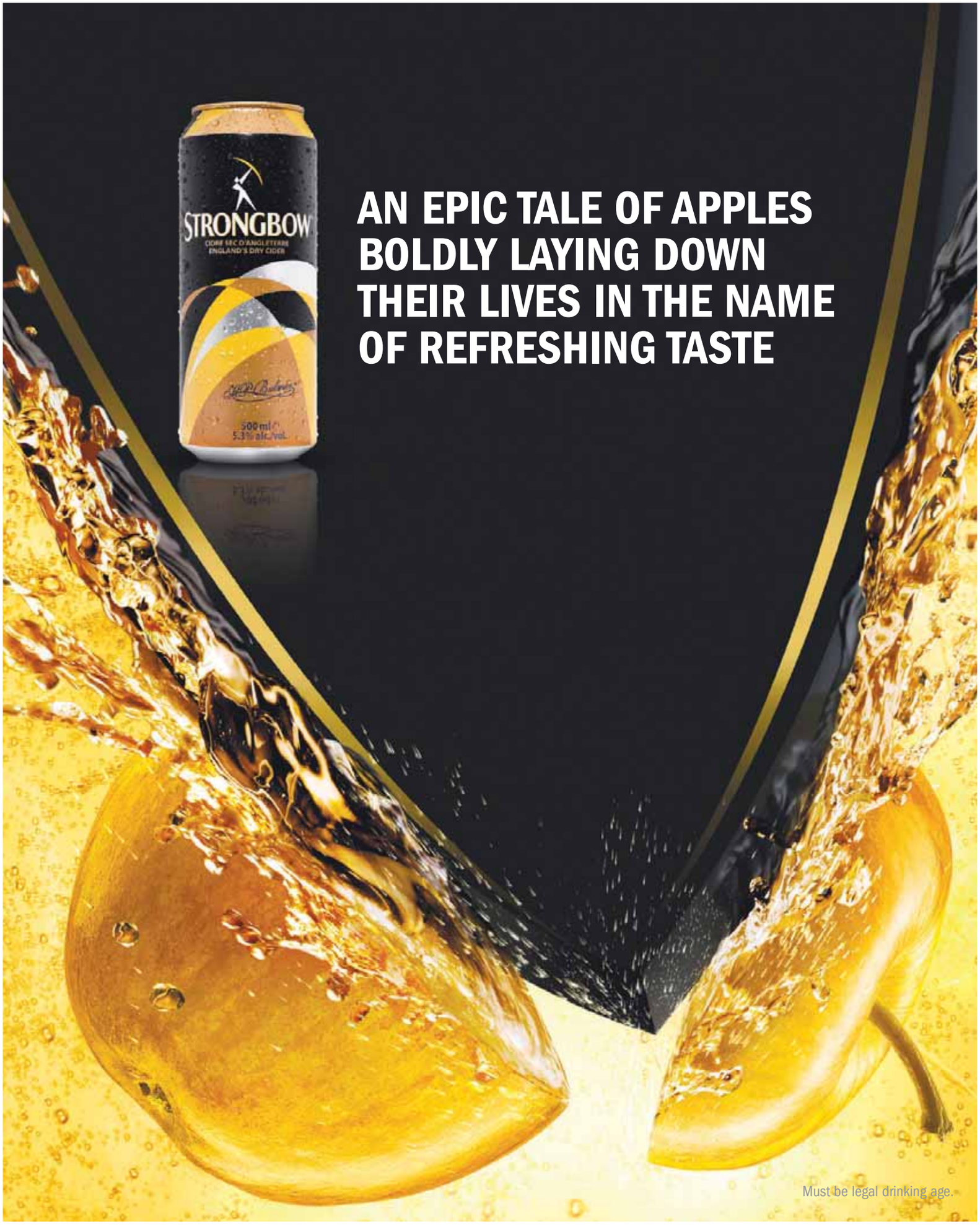
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They fought the law, and will they win?

Pussy Riot. Jail term for punk rockers may soon end, as case comes up for appeal and Russia's Prime Minister calls for their release

Russian Prime Minister Dmitry Medvedev on Wednesday called for three members of the punk band Pussy Riot to be freed, a sign that the women's release could be imminent since their case comes up for appeal on Oct. 1.

The band members were arrested for performing a raucous prayer inside Moscow's main cathedral asking Virgin Mary to save Russia from Vladimir Putin as he headed into the election that handed him a third term as president.

Quoted

This is "yet another blow to the court system and citizens' trust in it."

Former Finance Minister Alexei Kudrin, who remains close to Putin. The court verdict drew strong criticism even from some Kremlin loyalists.

They had already spent more than five months in jail when they were convicted in August of "hooliganism driven by religious hatred" and sentenced to two years in prison.

By being the one to call for the women's release, Medvedev, who has cultivated the image of a more liberal leader, could allow Putin to put the uncomfortable case behind him while not appearing weak.

The outward appearance of the women, who perform in bright-coloured miniskirts and balaclavas, and the "hysteria" accompanying them made him sick, Medvedev said with disdain. But he said keeping them in prison any longer would be "unproductive."

"In my view, a suspended sentence would be sufficient, taking into account the time they have already spent in custody," he said during a televised meeting with members of his United Russia party in the city of Penza.

THE ASSOCIATED PRESS

Russian Prime Minister Dmitry Medvedev.

RIA-NOVOSTI/THE ASSOCIATED PRESS

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New Delhi

Plastic-bag ban takes effect

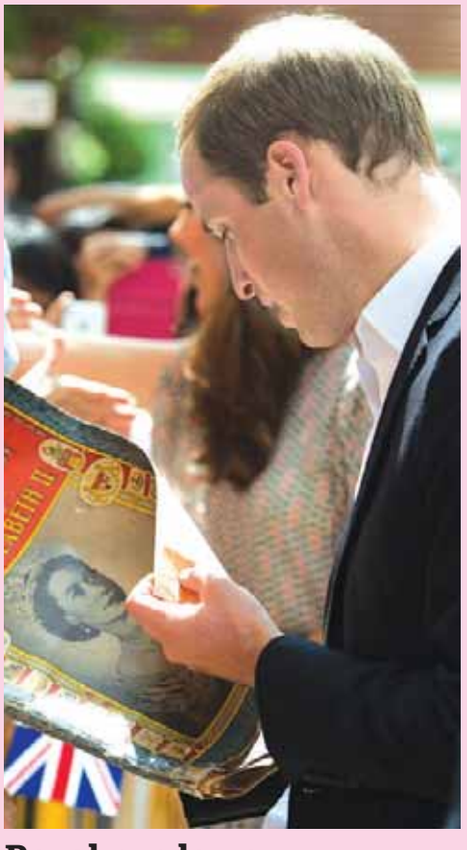
The government of India's capital is hoping that a strict ban on plastic bags will help the environment.

An engineer with Delhi's government says that starting next week, the manufacture and sale of all types of plastic sheets and bags will be banned in the city, citing their environmental dangers. B.M.S Reddy said Wednesday that the ban will include shopping bags, garbage bags and all kinds of plastic film and storage packets. Only plastic bags required for medical waste will be exempt.

In 2009, Delhi banned the use of plastic shopping bags, but authorities have had little success enforcing the ban.

Plastic bags also pose a risk to the thousands of cows that roam the city and end up swallowing them while foraging for food in Delhi's open garbage dumps.

THE ASSOCIATED PRESS



Royal rundown

Prince William looks at a copy of the 1953 newspaper issue of the coronation of his grandmother Queen Elizabeth during his visit to Strathmore Green in Singapore Wednesday.

NICOLAS ASFOURI/THE ASSOCIATED PRESS

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Nickle and dimed over album art

One-cent situation. Musician David Gunning under fire over record artwork that Royal Canadian Mint says breaches copyright laws

A Nova Scotia folk musician whose penny-inspired album has raised the ire of the Royal Canadian Mint says the entire fuss has left him feeling sheepish.

Dave Gunning said Wednesday he was informed by the mint that his soon-to-be-released album infringes copyright because its artwork includes images of the ubiquitous one-cent piece.

In recent days, Gunning — who describes himself as "a proud Canadian" — has told his story of being nickel-and-dimed by the mint to media outlets across Canada and the United States.

"Part of me is a little bit embarrassed about it," Gunning said from Pictou, N.S. "Not embarrassed for myself, necessarily, but embarrassed for Canada a little bit."

The award-winning singer said his album, titled No More Pennies is meant as an homage to the humble coin, which the mint plans to stop producing this fall though it remains legal tender.

He said the mint was "very kind" to waive licensing and administration fees for the first 2,000 albums produced, but his next batch of CDs will cost him $1,200 — or 60 cents a pop.

That's no penny ante for an independent artist, he said.

"They're chasing down this folk singer for 60 cents a CD," said Gunning, who has won awards at the East Coast Music and Canadian Folk Music Awards.

Gunning is urging fans to donate their spare pennies, which he said will be delivered to the mint. The soft-spoken singer said he plans to give $1,200 of his own money to a Halifax children's hospital.

Mint spokeswoman Christine Aquino did not rule out waiving the fee altogether, but said the agency is trying to protect its intellectual rights.

"Similar to an author who's written a book or a musician who's produced a song, we're protecting our property," she said.

"We're not preventing Dave from commemorating the penny through his album. The issue is simply with the use of the image."

THE CANADIAN PRESS

Penny for your thoughts?

The album, set for release next Tuesday, was recorded in Pictou and Halifax earlier this year

- **Artwork.** The album depicts a penny, representing the sun, disappearing behind the horizon. In another picture, the copper-plated coins are shown as wheels on a steam locomotive.
- **Isn't it ironic?** Gunning knew he erred when a friend told him to sell the album at the mint's gift shop.

Royals visit Canada's capital

Prince Edward and Sophie Countess of Wessex are joined by Governor General David Johnston and wife Sharon at Rideau Hall in Ottawa on Wednesday. The Queen's youngest son and his wife are on a seven-day visit to Canada, that includes stops in Ontario and the Arctic.

SEAN KILPATRICK/THE CANADIAN PRESS

Soccer disaster. Officials in U.K. covered up truth

British police and medics whose failures contributed to the deaths of 96 soccer fans in the country's worst sports disaster unfairly blamed the dead for the 1989 tragedy and sought to cover up their actions, newly disclosed documents revealed Wednesday.

The documents vindicated efforts by the victims' families, who had spent 23 years demanding a full accounting of the events at Hillsborough stadium that killed fans of the Liverpool soccer team. Most of the victims were crushed and suffocated in a standing-only section after they were herded there by police.

Prime Minister David Cameron issued a full apology Wednesday for the wrongdoing of authorities and the subsequent coverup, saying that Britain had been shamed for more than 20 years by its reluctance to expose the errors that led to the deaths.

THE ASSOCIATED PRESS

Health care. Technology making snooping easy

Manitoba's acting ombudsman says penalties for nosiness should be strengthened now that technology is making it easier for health-care workers to snoop into the private information of patients they have a grudge against.

"In the old days, three people had access to your record — your doctor, his or her nurse and his or her receptionist. Now, you can have thousands of people with access to your records," Mel Holley said Wednesday. Holley has concluded an investigation into a case last year in which a worker at CancerCare Manitoba, the province's prime centre for cancer treatment, got into the electronic patient files of a neighbour's child who was undergoing treatment. The worker, whom Holley did not identify, did not need to see the child's file for any work-related purpose, but because of a personal conflict with the child's mother. THE CANADIAN PRESS

CBC reveals wiretap evidence that details how a fix was arranged in 2009

$20,000 bribe paid off

According to the CBC, wiretaps detail how one of the fixers — a man by the name of Zivko Budimir — arranged a fix in 2009.

He paid CSL All-Star Antonio Zupan $20,000, which he shared with four teammates on Toronto Croatia, the wiretaps show.

In exchange for accepting the bribe, Zupan and Toronto Croatia ensured they would lose by at least two goals to the Trois-Rivières Attak on Sept. 12, 2009.

Zupan, who missed a crucial penalty in the game, was successful and the final result ended 4-1 in the Attak's favour.

The fixers had wagered $143,000 on a combination of bets that included that game.

BEN RYCROFT/METRO

Time for action on match-fixing

No crackdown. A year has passed, but soccer bosses have done little, claiming they're waiting for FIFA to guide them

BEN RYCROFT
toronto@metronews.ca

The Canadian Soccer League has done little since learning more than a year ago that European match-fixers are in Canada actively seeking to manipulate games in the CSL.

The league, which has teams in Ontario and Quebec, along with the Canadian Soccer Association (CSA), is waiting on FIFA for guidance on how to respond.

In the meantime, convicted, confessed match-fixers have been caught on tape talking about purchasing a local Canadian team.

In a documentary that aired on CBC's The National Wednesday night, CSL commissioner Vincent Ursini said the league is aware of the problem and is waiting on FIFA.

Since I brought CBC this story more than a year ago — with the help of their investigative team — the story has grown into one that has spanned three countries and two continents.

Importantly, it would include pages of German police wiretaps and court documents.

Those documents were flush with conversations between Ante Sapina, Marijo Cvrtak and Chris Budimir — German-based match-fixers — talking about how they could manipulate games in the Canadian Soccer League.

And once they had actually done it, the tapes caught their overwhelming glee at their prospects.

"If we don't become rich here, then I don't know where we could become rich," Budimir told Cvrtak, the CBC reported.

Meanwhile, their conversations extended further, even looking at what it would take to buy a team and arguing at how fast they should go about doing that.

According to the wiretaps, Budimir reported back to Cvrtak in 2009 that players make less than $500 a month and a club in the CSL could be bought for $150,000.

According to Budimir, buying was a three-year process. Cvrtak wanted to know if it could be done in one.

"They are all amateurs … Nobody knows that they have teams there like here," Budimir told Cvrtak on the wiretap.

"One can start a team there with $150,000 and play in the first league right away."

Full stop.

Now that this information is public, there are calls for the CSA to conduct an investigation into who is financing teams in the CSL.

If it's going to continue to sanction the league, a full investigation by the CSA into who is financing teams in the CSL is immediately warranted. For now, the CSL has yet to file an official complaint with the local police and RCMP.

More evidence

Even before the documentary had aired last night, three current CSL players had reached out to share what they know about match-fixing in the league.

- They each told similar tales of being approached with offers of bribes to fix games. Metro will continue to follow the story.
- If you have any information you would like to share with Metro on match-fixing in Canadian soccer, please contact letters@metronews.ca.

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Apple iPhone 5 in stores this month

Coming soon. Lighter, thinner smartphone will be available in North America on Sept. 21

The new iPhone 5 is thinner and lighter than previous versions with a taller screen, and will be in stores in Canada, the U.S. and several other countries on Sept. 21.

The iPhone 5 is the year's most eagerly awaited phone launch. Analysts expect Apple Inc. to sell tens of millions of units before the year is out.

It will come with the capability to connect to the fastest new wireless data networks, both in the U.S. and overseas. That's another feature that was widely expected. Some competing phones have had this ability for a year and a half.

The bigger screen moves Apple somewhat closer to competing smartphones. Samsung Electronics Co., Apple's biggest competitor, has increased the screen size of its flagship phone line every year, which is about 45 per cent larger than the one on the new iPhone.

THE ASSOCIATED PRESS

Phil Schiller, Apple's senior vice-president of worldwide marketing, speaks on stage during an introduction of the new iPhone 5 at an Apple event in San Francisco on Wednesday. ERIC RISBERG/THE ASSOCIATED PRESS

New iPhone

A threat to BlackBerry?

The iPhone 5 is also a formidable threat to BlackBerry-maker Research In Motion.

The Waterloo, Ont.-based company — once known as Canada's high-tech heavyweight — has been working to turn around its operations as consumers switched to the iPhone and other smartphones running Google's Android operating system.

The company's future success rides on the unveiling of its BlackBerry 10 operating system, which has suffered two major delays that have pushed its debut into early 2013 — past the holiday shopping season that Apple has squarely in its sights.

The other Sept. 21 launch countries are Australia, France, Germany, Hong Kong, Japan, Singapore and the U.K.

THE ASSOCIATED PRESS

Internet jokers decided the iPhone 5 could assume any shape, generate French fries and turn water into wine. Go to metronews.ca to read social media's silliest predictions.

Fast food. McDonald's to develop 'Made in Canada' plan for caloric content

McDonald's restaurants across the U.S. will soon get a new menu addition: the number of calories in the chain's burgers and fries. The world's biggest hamburger chain said Wednesday that it will post calorie information on restaurant and drive-thru menus in the U.S. starting Monday.

McDonald's Canada spokesman Louis Payette said that conversation has progressed differently in Canada than it has in the U.S.

"McDonald's Canada is actively working with all levels of government, NGOs and industry stakeholders to develop an appropriate 'Made-in-Canada' solution to displaying comprehensive nutrition information that is easily accessible to customers prior to purchase," Payette said.

He noted that McDonald's Canada introduced its Food Facts brochure more than 30 years ago. THE ASSOCIATED PRESS

In numbers

260

McDonald's is testing healthier options for next year, such as an Egg McMuffin made with egg whites and a whole-grain muffin. The sandwich has Canadian bacon and white cheddar cheese and clocks in at 260 calories. It will be called the Egg White Delight.

GOOD NEWS TODAY

The gift of the peace of God is beyond human understanding. With this peace in you, nothing can move you. Jesus is the Prince of this Peace.

(John 14:27, I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid)

GOODNEWSTODAY.CA

Oil exploration

U.K. company wins bidding rights in Arctic

A small British company has won the bidding for offshore oil exploration rights to six parcels in Canadian Arctic waters.

Franklin Petroleum, based in Oxford, England, bought the rights to all six parcels on offer with a promise to spend at least $7.5 million developing them over the next five years. Franklin's parcels are near areas where other companies have already made discoveries.

THE CANADIAN PRESS

Air travel. Frontier is latest airline to sidestep online travel agencies

Some airlines are making travellers work harder to find a deal. Carriers are offering more deals to passengers who book flights directly on their websites.

It's an effort to steer people away from online travel agencies such as Expedia, Orbitz and Travelocity, which charge the carriers commissions of roughly $10 to $25 a ticket.

While travellers save money, they also must do without the convenience of one-stop shopping.

Frontier Airlines is the latest carrier to jump into the fight, announcing Wednesday that it will penalize passengers who don't book directly with the airline. Those fliers won't be able to get seat assignments until check-in. And they'll pay more in fees while earning half as many frequent-flyer miles.

Contracts with online travel agencies prohibit airlines from offering lower fares on their sites. Instead, airlines such as JetBlue Airways Corp., Spirit Airlines Inc. and Virgin America often provide discount codes in emails to their frequent flyers or through Facebook and Twitter.

THE ASSOCIATED PRESS

Frontier Airlines jetliners sit stacked up at gates at Denver International Airport. Carriers are offering more deals to passengers who book flights directly on their websites. DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

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Japan hints at abandoning nuclear power

New policy. Plan is to retire aging reactors and not replace them, and put a 40-year cap on reactor lifespans

An anti-nuclear activist takes a nap at a tent in front of Japan's Economy, Trade and Industry Ministry in Tokyo on Wednesday. The banner reads: "Anti-nuclear power tent." SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Japan's prime minister hinted Wednesday that the government will announce a gradual abandonment of nuclear power when it issues a new energy policy this week.

News reports said the Cabinet has already agreed to the new policy.

Yoshihiko Noda said during a debate among party leadership candidates that he understands that most Japanese support a nuclear-free country. He also said he would take into account his ruling party's recommendation last week that Japan's dependency on nuclear energy be phased out by the 2030s.

"There could be different views about how we can achieve that goal, and by factoring those into consideration our party last week proposed we should aim for a nuclear-free society. I must take this seriously," Noda said.

Based on the party proposal, the new policy would include a 40-year cap on reactor lifespans, no construction of new nuclear reactors, and strict safety checks before any reactors are restarted. It also says Japan should make greater use of renewable energy and undertake greater conservation efforts, such as using smart grids. THE ASSOCIATED PRESS

Power plant disaster

Crisis fueled doubts about nuclear safety

Japan has been discussing revisions to its energy policy in the wake of last year's disaster at the Fukushima Dai-ichi nuclear power plant set off by a massive earthquake and tsunami.

Before the accident, resource-poor Japan relied on nuclear power for one-third of its energy needs and planned to raise that to 50 per cent by 2030.

The crisis fueled doubts about nuclear safety and caused a loss of public trust in the nuclear industry.

The growing anti-nuclear sentiment, including regular mass protests, made it difficult for the government and plant operators to restart reactors idled for inspections, and by early May all 50 Japanese reactors had gone offline.

Noda allowed two to restart in July to avoid power shortages during the hot summer months. Noda at that time stressed the startup was crucial for Japan's economy and energy needs.

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A REMEDY FOR A CASE OF THE MAYOR ROB FORD

HE SAYS...
John Mazerolle
metronews.ca

Whether you suffer from Toronto Mayor Rob Ford or just know someone who does, this guide will help you understand the issue and symptoms of Toronto Mayor Rob Ford and how to talk about it.

In this pamphlet you'll find helpful tips for coping and an explainer for those outside Toronto, many of whom have found themselves asking WTF — Why the Ford Administration?

What is Toronto Mayor Rob Ford?:

Rob Ford spent a decade inside Toronto causing minor outbursts, with observers paying little heed to the symptoms. However, the unexpected bonding with a mayor's chair two years ago has made Toronto Mayor Rob Ford — or TMRF — more powerful than previously expected.

Thanks to a series of TMRF incidents appearing on the national news, Toronto Mayor Rob Ford has crossed over the so-called municipal barrier and has now infected the national consciousness.

It's not unusual for people as far away as Vancouver or St. John's to ask, "Is this for real?" It most definitely is.

Some symptoms include disbelief at what you're hearing, disbelief at what you're seeing, and journalists high-fiving each other at their uncommon good luck.

The end result is a rash of scandals. Don't pick at them.

These itchy scandals come in many varieties:

- Tickling: Ford blamed a plastic-bag ban passed by city council on the public because, he said, "a couple hundred thousand people" should have rallied in opposition.
- Sore: Ford gets angry a lot, including a confrontation where he made a reporter drop his tape recorder on the ground.
- Life-threatening: Ford said he "probably" reads while driving on Toronto's eight-lane highway because he's "busy."

This would be a good place to remind people that TMRF is real.

How did this TMRF happen?:

It's not uncommon for people across the country to ask Torontonians how TMRF came to be.

The first thing for sufferers to know is they have absolutely nothing to be ashamed of. One of the unusual traits of TMRF is that it only causes discomfort in people who don't want it.

To understand, one must look at an X-ray of a Toronto election map, which looks like the inverse of a U.S. election map. The liberal interior — what most outsiders think of when they think about Toronto — fought hard against TMRF, while the suburban edges breathed it deep.

What can be done:

TMRF can drain your energy, hope and drive, but there are options. Ways to eliminate symptoms include:

- Tilting way to the right.
- Plugging your ears and closing your eyes and singing la la la la for the next two years.

Of course, some people are immune or even enjoy TMRF, including journalists, comedians and other people who enjoy a good story.

As for voters who think the country needs more TMRF and would be happy to see it spread everywhere: Please put this down and watch the road.

No cure has been found for Toronto Mayor Rob Ford (TMRF).
NATHAN DENETTE/THE CANADIAN PRESS

Not quite a pot of gold

PAUL GOLDSTEIN/REX FEATURES

Wildlife photography

Not even a double rainbow

It's not a pot of gold or even a double rainbow, but a giraffe that you can find at the end of this rainbow.

This is just one of the countless wondrous sights professional photographer and holiday tour guide Paul Goldstein has witnessed in his adventures in far-flung locations from the Arctic to the plains of the Masai Mara in Kenya.

METRO

Ethics

Giving back after taking away

Goldstein is always keen to give back to the regions he photographs.

"Ethics with photography is massively important. Every penny of every photograph I sell goes to one of two foundations: one in India to a tiger foundation in Madhya Pradesh, and one in the Masai Mara, where I'm co-owner of three safari camps."

METRO

Paul Goldstein CONTRIBUTED

Photog's viewpoint

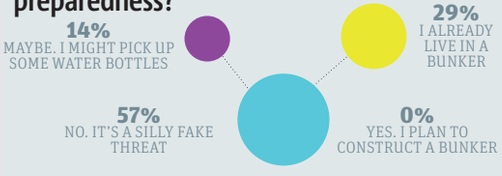
"There's a huge difference between a snapshot and a photograph. A photograph suggests diligence, graft and imagination."

Paul Goldstein, photographer and tour guide for travel company Exodus
"I like to push people so they can get the most from their cameras, without the camera dominating the safari," he says.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Has the U.S. government's tongue-in-cheek warning of a zombie apocalypse pressured you into better disaster preparedness?



Twitter

@MsNeonTyra: #yyc Help! Left my wallet on the #2 bus this morning around 10:08. Got off at Bow Valley Square. Brown wallet, all ID inside.

@ellysaevans: Why is there construction traffic EVERYWHERE in this stupid city?! #YYC

@MsMelindaAdams: Shit Nobody Says: if I want to get somewhere fast, I always take Glenmore\Crowchild #yyc

@TheTypicalYouth: Oh #YYC you waste no time telling summer to Sod Off.. #bringthecold #canadianproblems

@amyreding: show up for noon class in cutoffs and a tank, surrounded by people in winter coats and scarves. #calgaryprobs #yyc #weirdlooks

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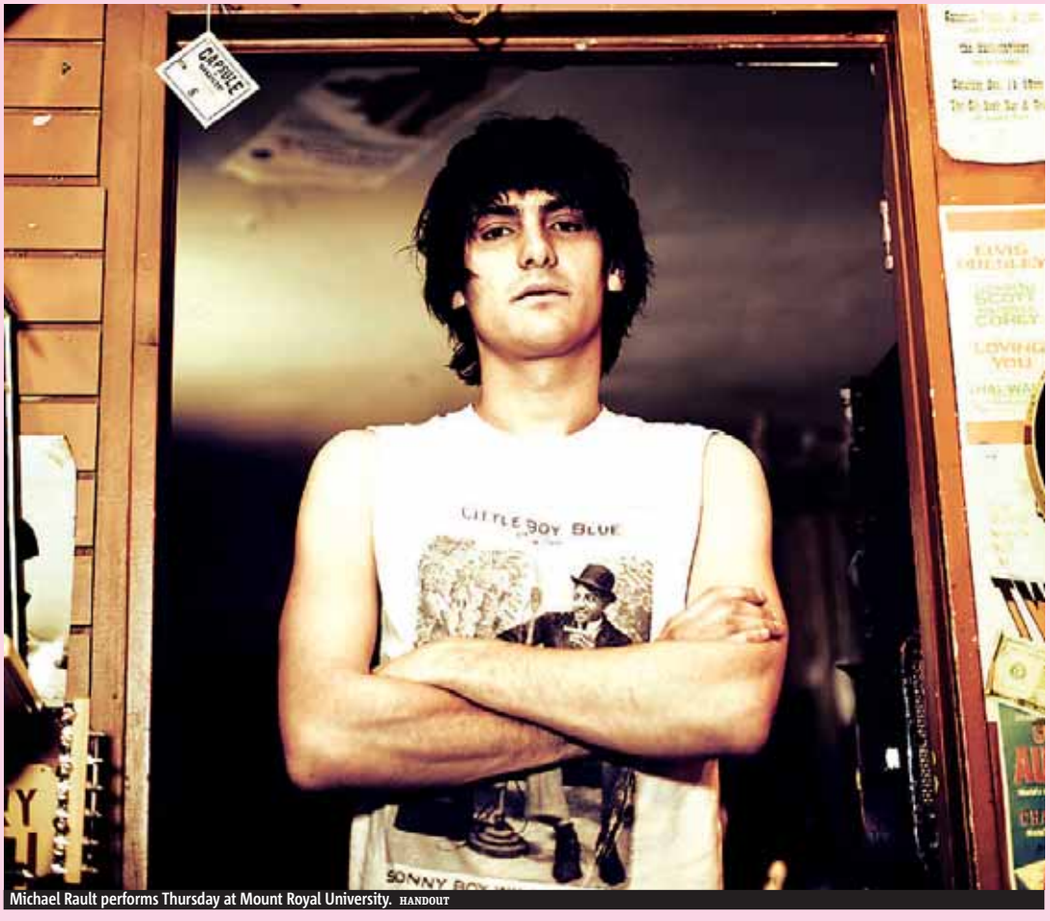
SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 32

Dirty blues, garage pop and catchy doo-wop

Michael Rault. Latest EP home recorded for a low-key, DIY feel

BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca



Michael Rault performs Thursday at Mount Royal University. HANDOUT

It would have been more rebellious of Michael Rault to become a doctor or a lawyer than a musician.

Growing up in Edmonton, the son of CKUA radio personality and veteran Canadian bluesman Lionel Rault was always surrounded by an array of instruments.

"There was no pressure to get involved with music, but there was a lot of opportunity," he recalls.

"My dad always let us play around with instruments, which is pretty generous considering how much that stuff is worth … I think they might have been happy if I'd gone off and become a doctor and made a lot of money. They would be hitting me up for loans."

Rault's 2010 debut MA-ME-O caused a small sensation in indie music circles with its addictive mix of retro sounds.

His latest EP, Whirlpool, features the same blend of dirty blues, punchy garage rock and catchy doo-wop. Rault says his approach to writing songs didn't change much, but the recording process for Whirlpool was far more low-key and DIY.

"I played pretty much every instrument I could on this record," he explains. "I played a lot of instruments on MA-ME-O too, but there was more involvement from various friends of mine. This EP was entirely home-recorded, so there's definitely a different flavour because there was more of a homemade approach. It was a cool twist on the sound."

It's a sound 23-year-old Rault has been honing for the past seven years, since rediscovering vintage blues music after a stint of playing in punk bands. "I learned blues, roots and country music from my family," he says.

"But punk rock was the first thing I got into on my own, so I rejected all of that roots stuff for a while. However, if you go deep enough into punk, it starts to lead into all that stuff again. Now all the lines are blurred and I'm not sure what genre I'm playing in at any given time."

Details

- Michael Rault performs Thursday at Mount Royal University's U Fest with Calm Asa Coma and Down With Webster.
- Rault is working on his second full-length album to be released on the Pirates Blend label (Bedouin Soundclash, Young Empires) early next year.

SCENE2

On the web

Qriket

Where did all of MTV's viewers go? Visit metronews.ca/scene or scan this code to find out what the ratings were like for its annual VMA show

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CIBC PHOTOS

EMOTIONAL CONNECTION

CIBC RUN FOR THE CURE STEPS OUT FOR BREAST CANCER

In 1997, CIBC became the title sponsor of the Canadian Breast Cancer Foundation's Run for the Cure. Now in its 21st year, the Canadian Breast Cancer Foundation CIBC Run for the Cure is the largest single-day, volunteer-led fundraiser dedicated to raising breast cancer funds and awareness.

The 2012 CIBC Run for the Cure will take place Sunday, Sept. 30, in 60 communities across Canada.

Karen Ringstead, the B.C. and Northern Territories run champion, will take part in the CIBC Run for the Cure once again, her 18th year of participation. She lists her favourite moment as watching a recent survivor — a CIBC employee — with her whole family being cheered by Team CIBC upon crossing the finish line.

"I don't want to see cancer move into the fourth generation in our family," says Karen, whose great-grandmother, grandmother, great aunt and mother have all battled breast cancer. "I think it's so important to create awareness of early detection, minimizing risk and how we all can make a difference in fighting against breast cancer."

This year, an estimated 23,000 Canadians will be diagnosed with breast cancer. Most people who take part in CIBC Run for the Cure events have been touched by breast cancer in some way; it's an emotional connection that many Canadians have shared.

Last year, close to 170,000 CIBC Run for the Cure participants raised more than $30 million in events held across the country to fund research, education and awareness programs that are making a difference in the lives of Canadians affected by breast cancer.

More than 13,000 CIBC employees and volunteers helped Team CIBC raise more than $3 million through the collection of pledges, fundraising and contributions from the CIBC Pink Collection.

"Our involvement started with a handful of dedicated and passionate employees and has grown into an important part of the fabric of our organization," says Christina Kramer, CIBC's executive vice-president and national run champion.

The events themselves have a festive air about them; teams and other groups of family and friends, some with kids in strollers and others with dogs, will walk or run the route together. Some will wear pink wigs or boas; others will carry pink balloons and banners. White T-shirts will proclaim the slogan, "Who are you running for?

There will be lots of breast cancer survivors walking and running, too. Somewhere near the starting line, participants can post personal messages for loved ones and others on the Wall of Hope.

To find out how you can get involved to help raise funds and awareness, visit runforthecure.com. *– Jane Doucet*

FACTS & FIGURES

- CIBC became the title sponsor of the Canadian Breast Cancer Foundation's Run for the Cure in 1997.
- Now in its 21st year, the Canadian Breast Cancer Foundation CIBC Run for the Cure is the largest single-day, volunteer-led fundraiser dedicated to raising breast cancer funds and awareness.
- In 2011, CIBC Run for the Cure events raised more than $30 million to fund research, education and awareness programs that are making a difference in the lives of Canadians affected by breast cancer.
- Last year, Team CIBC raised $3 million through contributions to the CIBC Pink Collection, fundraising events, and the collection of pledges.

CIBC PHOTO

CONNECTING VIA SOCIAL MEDIA

CIBC is using social media to inspire Canadians to get engaged, share their stories and register for the CIBC Run for the Cure, which is taking place across Canada on Sunday, Sept. 30.

This year, CIBC introduced two innovative social media initiatives to connect with as many people as possible in the Canadian Breast Cancer Foundation's CIBC Run for the Cure.

The first is to create your own video using the CIBC For All My Girls MashApp on Facebook. Here, you can upload your favourite photos and videos of family and friends who have inspired you to take part in the CIBC Run for the Cure.

You can also choose from a selection of music tracks and add captions. Check out the Mashapp on Facebook at CIBC Community Matters, where ET Canada host Cheryl Hickey introduces a how-to video.

The second is making a personal Pinspiration for a Cure board by using Pinterest. You can pin and re-pin inspiring images, videos and content, anything from healthy recipes to workout and training tips.

GIVE THE GIFT OF PINK

Tote bag, $5

Teddy bear, $10

Last year, through the generosity of CIBC clients, employees and the general public, more than $1.9 million was raised through fundraising events and contributions from the CIBC Pink Collection of products, which is available exclusively at CIBC branches across Canada.

The 2012 CIBC Pink Collection features a friendship bracelet for $2, a shoelace lapel pin for $3, a tote bag for $5, a keychain for $6, and a teddy bear for $10.

"CIBC is proud to support the Canadian Breast Cancer Foundation because of the work they do in not only finding a cure but in prevention and early detection as well," says Christina Kramer, CIBC's executive vice-president and the national run champion. "Our CIBC Pink Collection is another way to show our support and raise awareness for such an important cause."

The 2012 CIBC Pink Collection was officially launched at branches across Canada on July 26. CIBC works with suppliers to create products and also takes ideas to its employees for the input.

"The foundation continues to be inspired by CIBC's ongoing commitment to the CIBC Run for the Cure," says Kramer. "The funds raised by the CIBC Pink Collection, in addition to Team CIBC fundraising and volunteer support, is a testament to the tremendous dedication of CIBC's staff and clients toward our vision of creating a future without breast cancer."

It's imperative to the program that the most possible money goes back to the Canadian Breast Cancer Foundation (CBCF). In fact, 100 per cent of net proceeds from the pink products support the CBCF.

CIBC Pink Collection "hangtags" identify the product and the cause; they also show the suggested contribution amount. People usually contribute the suggested amount on the hangtag, if not more.

To view the CIBC Pink Collection, visit cibc.com/cibcpinkcollection or drop by any branch. Quantities are limited and available only while supplies last.

– Jane Doucet

CREATE A FUTURE WITHOUT BREAST CANCER

CIBC PHOTO

In August, CIBC and the Canadian Breast Cancer Foundation (CBCF) issued the Corporate Spirit Challenge to the Canadian business community to enter a team in the 2012 CIBC Run for the Cure runs and walks taking place across the country on Sunday, Sept. 30. Their participation would help raise money to fund research, education and advocacy for breast cancer.

"Team CIBC is passionate about supporting the CBCF's vision of creating a future without breast cancer," says Christina Kramer, CIBC's executive vice-president and national run champion.

"Through the Corporate Spirit Challenge, we invite companies of all sizes across Canada to get involved by registering a team in Run for the Cure events."

Over the years corporate teams have had an enormous impact, raising more than $5 million in 2011 alone to help make a difference in the lives of those with breast cancer and their loved ones.

To recognize corporate participants' dedication and significant contributions, the CIBC Corporate Spirit Award will be presented to the top fundraising team at each CIBC Run for the Cure site across the country on Sept. 30.

A returning corporate team is the Fairmont Royal York in Toronto. "The CIBC Run for the Cure allows us to unite in support of a cause that has impacted our hotel team, their families and our guests," says Heather McCrory, CIBC Run for the Cure team captain and Fairmont Royal York regional vice-president and general manager.

The leadership of the corporate team members, who volunteer their time and who fundraise in support of the breast cancer cause, is truly inspiring.

"The employees who take part in the CIBC Run for the Cure through corporate teams make it possible for the foundation to continue funding the most promising breast cancer research and supporting the breast cancer community across the country," says Sandra Palmaro, CEO of the Canadian Breast Cancer Foundation–Ontario Region.

CIBC is a prime example of corporate stewardship; it became the title sponsor of the CBCF's Run for the Cure in 1997.

"We aim to make a difference in communities through corporate donations, sponsorships and the volunteer spirit of our employees," says Kramer. "We have been very proud to partner with the Canadian Breast Cancer Foundation for so many years as part of our long-term commitment to this important cause."

– Jane Doucet

STUDENTS TAKE UP THE CHALLENGE

CIBC and the Canadian Breast Cancer Foundation (CBCF) have once again issued a challenge to Canada's college and university students to see who can raise the most money for breast cancer research, education and awareness initiatives.

"The goal of the Post Secondary Challenge is to encourage students to participate in a way that is both meaningful and fun," says Christina Kramer, CIBC's executive vice-president and national run champion.

By taking part in the challenge, students are making a difference to a very important cause while also getting a chance to win a concert for their school fundraising team and a CIBC Education Award to help fund their post-secondary education.

Students can register a CIBC Run for the Cure Post Secondary Challenge team and raise funds online. The top 10 student fundraisers and the top student fundraiser in each of the five CBCF regions can win a $2,500 CIBC Education Award. In addition, the top fundraising school team or teams will win a concert by Walk Off the Earth, a five-piece band based in Burlington, Ont.

For more information and full contest details, visit CIBC Student Life on Facebook or runforthecure.com/psc.

Do Britney, Demi have the X Factor?

Television. Singers bring experience and youth, respectively, to the judging table

AMBER RAY
Metro New York

With a new season of The X Factor premiering last night, we take a look at new judges Britney Spears and Demi Lovato to see what they bring to Season 2 of the show.

BRITNEY SPEARS

Why she joined the show
Spears began thinking about the show thanks to an unlikely source — the makeup artist she shares with Simon Cowell. "We talked about (The X Factor) a couple of times when I was on tour, but really never took it seriously until she went back and she started working for him," Spears says of the go-between. "Then we just all met up, and it made sense."

What she brings
Few have weathered the ups and downs of stardom the way Spears has.

"I've been able to help this talent come in and achieve their dream, and I can relate to them ... because I started out at such a young age. I know the foundation and the depth of what you go through (to achieve) your dream," she says.

Simon says
"I'm not going to lie about this. I always said the No. 1 person I always wanted on one of these (singing competition) shows was Britney," Cowell admits. "She's a really, really good judge. Britney's quite mean, which you'll discover."

Show time

- The X Factor airs Wednesdays on CTV.

Britney Spears. HANDOUT

Demi Lovato. HANDOUT

DEMI LOVATO

Why she joined the show
Lovato had dreams of auditioning for American Idol — not that the former Disney star needed that show to achieve fame — but found her way onto a reality competition regardless.

"By the time that I turned 19, here I am sitting on the panel with (Cowell, the former Idol judge). I never thought that I would be doing this. It's such an honour."

What she brings
Lovato — who has worked in the industry for 10 years, or half her life — views her youth as an advantage.

"The expertise that I'm able to contribute is ... I know what my friends like," she says.

"We're in our early 20s and late teens, and it's a really interesting thing when you bring a much younger demographic into the competition. (Teens are) really great judges. We know what is needed in this industry."

Simon says
"Demi is a brat," Cowell says with characteristic bluntness, then adds, "but there's something really likable about her as well.

"(She is) one of the hottest new artists around at the moment."

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‘It’s the kind of thing you don’t say no to if you’re in comedy’

Comedy. Family Guy creator Seth MacFarlane opens SNL season as guest host

You might think Seth MacFarlane has a show-biz bucket list.

By now, he’s checked off ventures like his animated TV shows (led by Family Guy), his recording of show tunes, live performances at Carnegie Hall and this summer’s film comedy, Ted, which he directed, wrote and provided the title character’s voice for. Now MacFarlane will serve as guest host this week for the season premiere of NBC’s Saturday Night Live. Was this just the next gig on his to-do list?

“Not exactly,” MacFarlane said Tuesday. “When things come up, I tackle them if they sound fun. That’s how I decide what to do and what not to do. It’s what sounds like it’s going to be a good time.”

But there’s another reason he was reporting to Studio 8H.

“They asked me,” he explained. “It’s the kind of thing you don’t say no to if you’re in comedy.”

For a multimedia comedy impresario, MacFarlane might not seem ideally suited to SNL, where he is being treated warmly, but not in his customary role as the boss.

“It’s always a nice break to *not* be the guy in charge,” he insisted. And with his edition of SNL being polished off in just a week, the routine should prove a refreshing change, too.

“It’s the complete antithesis of the nine months it takes us to do one episode of an animated series.” While MacFarlane arrived Monday with a few sketch ideas, “this is a large writing staff that’s well equipped to do what they do,” he pointed out. “I sat in on a pitch where writers threw out a bunch of one-line sketch ideas, and there were a lot of hilarious ones. There’s no shortage of fresh stuff.”

Future plans?

- Looking beyond Saturday, MacFarlane said future projects he’d like to do include another film and even maybe an on-camera acting role.
- “We’ll see if this weekend is a disaster or not,” he hedged. “But I do like trying things I haven’t tried before. It kind of gets the blood going.”

But along with comedy, will the silver-throated MacFarlane sing a song on the show?

“Possibly,” he said. “But it’s too soon to tell.”

As the series begins its 38th season (Saturday at 11:30 p.m. ET), MacFarlane will be sharing the bill with musical guest Frank Ocean. Meanwhile, cast member Cecily Strong and featured players Aidy Bryant and Tim Robinson will be joining the troupe. THE ASSOCIATED PRESS

Kenan Thompson, left, is pictured with Seth MacFarlane earlier this week on the set of Saturday Night Live. MacFarlane will host the season premiere this Saturday, with musical guest Frank Ocean. HANDOUT

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Brooklyn act enjoy task of experimenting while keeping music fresh, interesting

LUKE O'NEIL
scene@metronews.ca

Chris Keating of Yeasayer performs at Los Angeles State Historic Park on September 2. KARL WALTER/GETTY IMAGES

It's not 'world music'

The band, somehow saddled with the "indie world music" moniker, says that was an inside joke that's gotten out of hand.

- "It's clearly inaccurate," Keating says. "I think some of that is subtle, not intentional, racism. Because we have a guy in the band who happens to have dark skin and an Indian background, people talk about 'that world-music band.'"
- A lot of their songs are three different tracks chopped together.

For an experimental-minded band with an ear for hooks, there's a fine line to walk between pushing new sounds forward and maintaining a larger audience's attention. That's the dichotomy at work in the music of Yeasayer, the Brooklyn band that released its third record, Fragrant World, late last month.

The follow-up to their breakthrough indie hit Odd Blood picks up where that eclectic mix of far-flung rhythms, synths and off-kilter dance beats left off, on songs like Longevity, a churning layer cake of sound that squiggles and glitches, but coalesces into a romantic, multi-tracked harmonized groove "That's the challenge, right? Trying to make some interesting sounds, but have them work in a three-and-a-half to four-minute context," says vocalist Chris Keating.

"Trying to walk that line between experimenting and still have interesting melodies that are accessible, it's part of the fun."

Theirs is a process of stuffing as many tracks into one song as possible, says Keating.

"We'll build up songs until they're sky-high and start to strip away for a lot of it."

He says it's a technique he's long admired in Prince.

"We pile on ideas, then strip away a lot of the middle and lower layers, and leave this floating melody."

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Paloma Faith's new album plays out like a soundtrack to heartache

Fall to Grace. Sad songs say so much; 'a broken heart beats beneath' the tunes on Grace

PAT HEALY
scene@metronews.ca

With tabloids touting headlines like "Pregnant Adele's joy," you might find yourself thinking: "That's great that she's happy, but where am I gonna get my fix of sad songs sung by soulful British women?"

The answer to your checkout-line musing is Paloma Faith's new album, Fall to Grace. With lyrics like "This is agony, but it's still a thrill for me" and "Falling never hurts, but landing does" paired with classic soul song structures and shamelessly contemporary pop production, Grace is your latest soundtrack to heartache. Faith, a tabloid fixture in her own right in the U.K., even helped Adele's career kick off.

"I just kind of gave her one of her first gigs," she says humbly. "I didn't give her her start. She gave herself her start." Faith doesn't mind the comparisons: "If it was somebody who wasn't doing quite as well as her, I might feel strange. But honestly, if I could have a tenth of the success that she's had in the U.S. then I'd be smiling forever into my grave."

Smiling into the grave is what Grace is all about. Songs are hooky and polished, but a broken heart beats beneath.

"There were songs on the record that were produced to sound super hopeful, but when you listen to the lyrics they're sad," she says. "I wouldn't say it's a tragic record. It's a realistic record."

Back to basics

With such a pop sheen, courtesy of producer Nellee Hooper, it's hard to believe that Paloma Faith will be bringing these songs to small watering holes. "It's very sort of back-to-basics for me," says Faith. "The venues are small, and I can't bring my full setup."

- But she's not complaining. "The bigger you get with the production, the less you can do with spontaneity," she says. "You've got to plan with the lighting people and plan with the sound engineer what you're going to do, whereas this is more stripped back." In so many ways the small watering hole is appropriate for a soulful album like this.

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Sack the sequels — these original animated films are fresh and unique

Fall film lineup. These children's films will entertain the entire family with their unique approaches and great casting

HEIDI PATALANO
Metro World News

Hotel Transylvania opens on Sept. 28. HANDOUT

Kid-friendly films are churned out all year, but this season offers some of the most attractive and innovative animated movies that are all, shockingly, not sequels.

Finding Nemo, Sept. 14
The modern classic about a timid clownfish in search of his father gets the 3D treatment.

Hotel Transylvania, Sept. 28
The Adam Sandler fraternity that includes Kevin James, David Spade, Jon Lovitz and Andy Samberg gives voice to this animated feature about Dracula's lavish resort for monsters craving a human-free vacation.

Frankenweenie, Oct. 5
Tim Burton rarely fails when it comes to kooky animated features, and this film about a boy's quest to reanimate his dog should be no different. Shockingly, Burton's wife, Helena Bonham Carter, is not in the cast — but Winona Ryder is.

Wreck-It Ralph, Nov. 2
If there's one animated feature Metro is dying to see this season, it's this 8-bit video game adventure. John C. Reilly voices the title character who, growing tired of his villain status, seeks to become a hero but unleashes a deadly enemy in the process. The film is loaded with great comic talents such as Mindy Kaling, Jane Lynch, Jack McBrayer, Sarah Silverman and Horatio Sanz.

Rise of the Guardians, Nov. 21
You can't exactly call it a Shrek knock-off, but this 3D animated film featuring characters like Santa Claus, Jack Frost, the Sandman, the Tooth Fairy and the Easter Bunny — does bear a striking resemblance.

Featuring the voice acting of Chris Pine, Alec Baldwin, Jude Law, Hugh Jackman and Isla Fisher, Guardians must be worth its mettle to draw such a strong cast.

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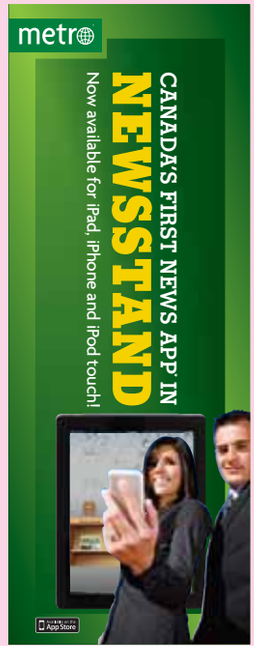

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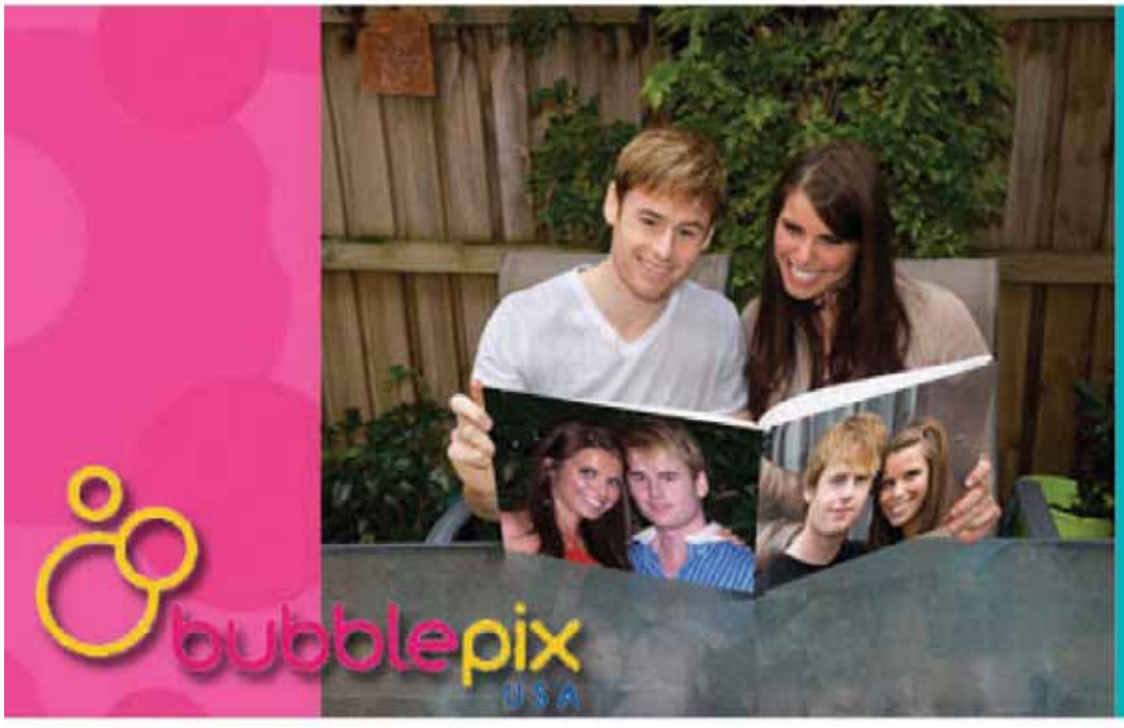

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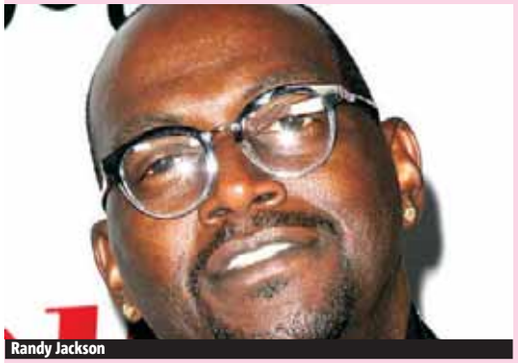
Twins for Sookie

True Blood stars Anna Paquin and Stephen Moyer became parents twice over this week, according to Hollyscoop.

"We can confirm that Anna Paquin and Stephen Moyer recently welcomed their twins into the world," their rep announced.

"The babies were born a few weeks early, but are in good health and both mom and dad are overjoyed." The twins mark the first children for Paquin, while Moyer has two children from a previous marriage.

Randy's back, dawg!



Randy Jackson

It looks like Randy Jackson won't be bounced from the judges' table on American Idol after reports leaked that he is close to signing a deal to keep him in his old spot on the hit reality competition show, according to Deadline.

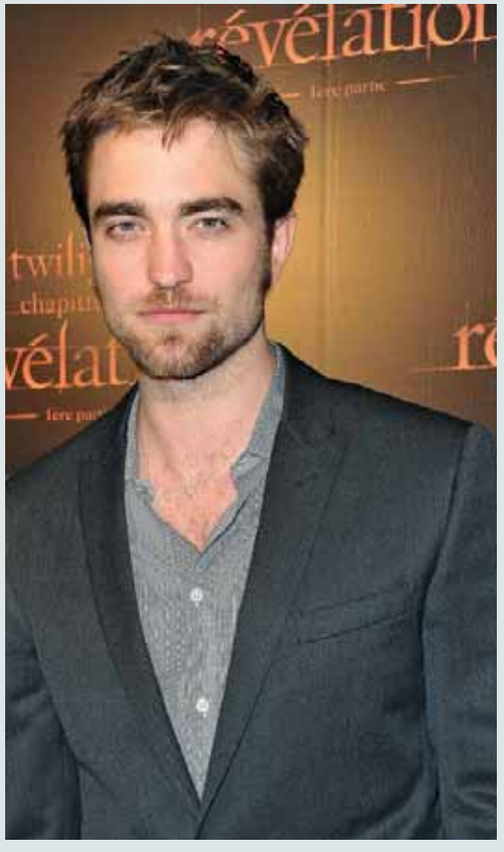
Rumours had circulated that Jackson, the only remaining judge from the original version of the show, would be moved to a "mentor" position for the new season.

But it looks like that's not happening.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Rob and Kristen back together?

When Kristen Stewart told the Associated Press last week that she and Robert Pattinson would "be fine," maybe she knew more than she was letting on, as sources say the pair are secretly back together, according to Lainey Gossip.

"It was communicated to people during the Toronto International Film Festival that they are (back together) but they're worried about how it might affect (Rob's) career, like whether or not there will be some kind of crazy backlash or something," the source says.

Blake Lively. ALL PHOTOS GETTY IMAGES

No liquor for Lively

With her marriage to Ryan Reynolds last weekend on the books, Blake Lively apparently isn't wasting any time getting their domestic life going.

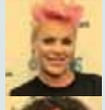
"I've always wanted a big family. Oh, I'd love 30 kids if I could," Lively says in the latest issue of Allure.

The Gossip Girl star also lives a pretty clean life free of drugs and alcohol — and nightclubs.

"The music is so loud, you can't have a conversation with somebody," she says. "If I were an amazing dancer, yeah, I'd go, but I'm definitely not."

Twitter

@ActuallyNPH
Hi Twitterland. Sorry for my lack of tweets recently. Apparently I have babies and stuff. I'll try harder. xo



@Pink
Holy Sh*t!!! MOM!!!! I got an A!!!! Thanks Entertainment Weekly!!!! My first A outside of study hall!!!!

@Venuseswilliams
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@GarryShandling
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New York Fashion Week is proving that next spring's style-savvy girl is street-smart, sophisticated and loves her stripes

TINA CHADHA
life@metronews.ca

PETER MICHAEL DILLS/GETTY IMAGES

Marc Jacobs

At Marc Jacobs' Spring show, models done up in severe side partings and smudgy black eyeliner reminiscent of Edie Sedgwick stormed the runway in bold black, maroon and beige stripes. The graphic appeared on shrunken blazers, trapeze jackets and low-slung midi skirts. Unlike the denizens of the Factory though, Jacobs' girl is a careerist. Curvy dresses with scalloped hems, sensible skirt suits with long, lean silhouettes and ruffle collar separates would fit right in at an office but the midriff-baring cropped tops, including a black, full-sleeve version featuring Mickey Mouse, not so much.

Donna Karan

Donna Karan struck gold with her choice of materials for her spring line. Sheer jersey and paper linen molded perfectly to create architectural silhouettes and artful pleats and folds. But the natural, organic feel of the fabrics paired with Karan's use of dusty, cold-dyed colours gave the collection a dreamy tone. This effect of sharp lines and soft shades was meant to evoke "sunrise and sunsets in the city" – you know, those pretty moments when light reflects off skyscrapers. The cool, cropped jackets, worn over empire waist dresses, will be just what a city girl needs when those buildings' air conditioning kicks into gear.

NEILSON BARNARD/GETTY IMAGES

SLAVEN VLASIC/GETTY IMAGES

Tommy Hilfiger

Tommy Hilfiger transported showgoers at the Highline back to the Hamptons for one last Fourth of July-type seaside soiree. With hurricane lanterns hanging over a deck-like runway, models sailed by in bold red, white and blue striped looks. Some read cool (the double-breasted blazers and chunky cardigans) and others too patriotic (a preppy navy jacket over a red, white and blue striped shirt and trousers). The colours then came in zigzags on dresses and one-piece halter swimsuits before winding up on the trim of plain white shifts. Breton stripes were also big (on cotton schoolboy shirts and leather tops), as were chunky cable knit sweaters.

DKNY

For her spring show, titled Reflections of New York Donna Karan aimed to define a girl living the big city dream. She's ambitious: smart workwear separates such as boyfriend blazers and knee-grazing pencil skirts came in leather and colour-blocked, textured linen. She's ready for whatever comes her way: the bodysuit played double-duty as a bathing suit, and models wore fanny packs. She's street smart: sporty mesh and leather detailing, camo prints, fitted black baseball caps and heeled sneakers exuded an urban tone.

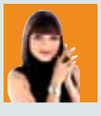
PETER MICHAEL DILLS/GETTY IMAGES

NEILSON BARNARD/GETTY IMAGES

Rebecca Taylor

The biography of Beach Boy Brian Wilson transported Rebecca Taylor to one of her favourite vacation haunts: Hawaii. But while her imagination sipped on mai tais, this hard-working woman spent the summer in New York. The two worlds harmonized perfectly in her spring collection: Sunny, hibiscus floral prints came cut in sharp, strong silhouettes, while polished dresses were made tough with studded collars and worn under moto jackets in laid-back, faded denim or poppy turquoise leather. And for post-sunset, a nude, silk studded cocktail number featured cheery ocean blue straps, perhaps to remind you of paradise even when you're stuck in the city.

Twitter



JEANNE SPACE
Jeanne Beker
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@Jeanne_Beker: En route to NY for Fashion Week! Better late than never. Jam packed sched. Just hope my stilettos don't give me grief. Will keep you posted!

@Jeanne_Beker
Brocade coats, cotton knits, graffiti prints, yummy color + thick socks with platform sandals. This is what cool girls wear @mbymarcjacobs

@Jeanne_Beker
"It's just about imagining yourself as the best you your can possibly be" says Laura Mulleavy bkstg @officialRodarte

@Jeanne_Beker
Bkstg @VeraWangGang tells me she's inspired by all the travel she does "in her mind". Loved her Indian influence with twist of modernity!

@Jeanne_Beker
Great graphic lines + bold colour @MichaelKors

@Jeanne_Beker: First look @MichaelKors take on optimism for SS13 #NYFW

@Jeanne_Beker: Modern day lady knights sizzle @officialRodarte

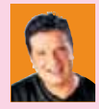
On the web

Qriket

Avril Lavigne says after debuting spring line for Abbey Dawn she may make own wedding dress

Give it a little Moroccan flair

As decor trends move toward more colour and traditional curvy lines, it's expected that Moroccan styles will emerge in a big way. The contemporary curvy lines and colours like orange, blue and white make it a trend-on element to include in modern decor. Other influences that blend easily with this trend are Middle Eastern patterns, handmade Moorish designs and Havana colours. With a new season fast approaching, why not try out some exotic flavour in your home?



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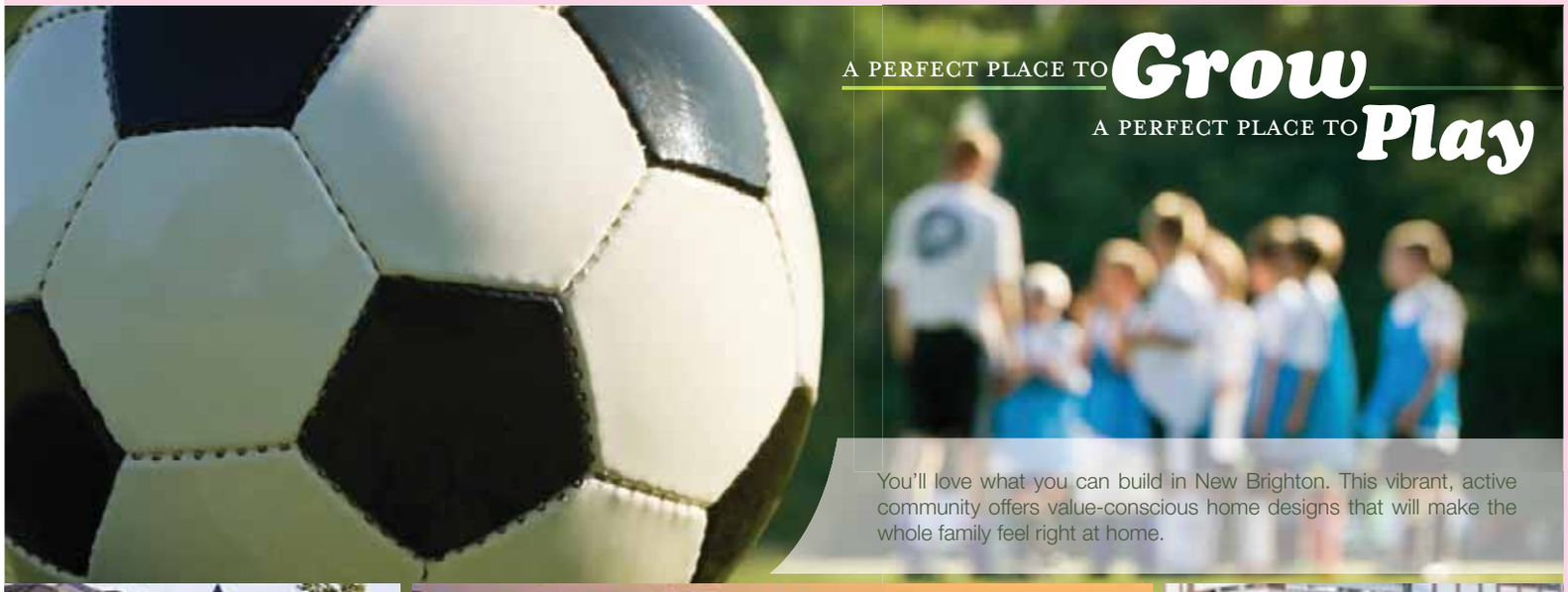
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Wrap up grilling season with salmon and gazpacho dish

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Salmon's richness always cries out for a little acid, even if it's nothing more than a squeeze of lemon. This recipe's gazpacho vinaigrette ups the ante. Gazpacho is a cold Spanish soup with many variations, but the basic recipe is a refreshing tomato-based vegetable soup. Here, add extra-virgin olive oil and sherry wine vinegar, thereby repurposing the soup into a chunky vinaigrette dressing.

Ingredients

- 1/2 red bell pepper, diced
- 1/2 lb ripe tomatoes, diced
- 4-inch piece cucumber, diced
- Kosher salt
- 1/2 clove garlic, smashed
- 1 tbsp sherry vinegar
- Ground black pepper
- 2 tbsp extra-virgin olive oil
- Four 6- to 8-oz pieces centre-cut salmon fillets, skin on
- Olive oil, olive oil spray
- Chopped fresh herbs (such as basil, chives to garnish

1. Heat the grill to medium.

2. In bowl, toss pepper, tomatoes, cucumber and half a teaspoon of salt. Mix, then spoon half of the mix into a blender.

3. To blender, add garlic, vinegar, few grinds of pepper and olive oil. Puree until smooth. Add the purée to the bowl of diced vegetables, stir well and season with salt and pepper.

4. Use paper towels to pat dry salmon. Spray fillets with olive oil spray, then sprinkle with salt and pepper. Arrange fillets, skin side down, on grill grate over direct medium heat. Cover and cook until flesh next to the skin looks opaque, 7 minutes.

5. Flip fillets and cook until just cooked through, another 2 to 3 minutes. Transfer the fish from the grill using a wide metal spatula.

6. To serve, divide the sauce between 4 shallow bowls, then set a piece of salmon over each, skin side up (you can easily peel off and discard the skin at this point). Garnish with chopped herbs, if desired. THE ASSOCIATED PRESS

Caramelized Apple Ginger Rice Pudding. Get in the mood for fall

There's something particularly autumnal about puddings. It likely has something to do with cravings for all things rich and creamy as the weather cools. Here is a deliciously rich and creamy rice pudding perfect for the upcoming season.

1. In a medium saucepan over medium-high, melt the butter.

2. Add apples and cinnamon and sauté until browned and caramelized, about 7 minutes. Add the rice and stir to coat. Add the salt, sugar, ginger and 1 cup of the milk. Lower the heat to medium and cook, stirring frequently, until almost all of the milk has been absorbed.

3. Add another cup of milk and repeat with stirring and cooking until almost entirely absorbed. Repeat with the remaining milk, 1 cup at a time, or until the rice is cooked through and the mix is creamy.

4. Serve warm and, if desired, topped with whipped cream or ice cream. THE ASSOCIATED PRESS

Ingredients

- 3 tbsp unsalted butter
- 3 medium apples, peeled, cored and diced
- 1 tsp cinnamon
- 1 cup arborio rice
- 1/4 tsp salt
- 1/4 cup sugar
- 1/2 cup diced candied ginger
- 4 cups milk, divided

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Grilled vegetables & pasta infuse distinctly Mediterranean flare

Ingredients

Balsamic Vinaigrette
- 85 ml (1/3 cup plus 2 tsp) vegetable oil
- 75 ml (1/3 cup) balsamic vinegar
- 10 ml (2 tsp) Dijon mustard
- 1 clove garlic, minced
- 1 ml (1/4 tsp) sugar
- Salt and pepper, to taste
- 500 g (1 lb) penne or rotini
- 1 each red and yellow sweet bell pepper
- 2 zucchini
- 1/2 Spanish onion
- 250 g (8 oz) feta cheese, cubed (divided)
- Salt and pepper, to taste
- Chopped parsley, for garnish

1. Balsamic Vinaigrette: In a screw-top jar, mix oil, balsamic vinegar, mustard, garlic, sugar. Cover jar and shake well. Season with salt and pepper. Makes about 150 ml (2/3 cup).

2. Meanwhile, cook pasta according to package directions and set aside. Chill, if desired.

3. Remove cores and cut peppers into quarters. Cut zucchini and onion into 2-cm slices. Brush vegetables lightly with some vinaigrette and grill over medium heat until vegetables are cooked as desired.

4. Cut all of vegetables into chunks. Combine vegetables, pasta and all but 125 ml (1/2 cup) of feta cheese with the remaining vinaigrette and season with salt and pepper. Top the dish with the reserved feta cheese and parsley. THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

Nutritional analysis

Per serving

- 880 calories; 33 g protein; 98 g carbohydrates; 40 g fat; 6.1 g fibre; 414 mg sodium

This recipe serves four. THE CANADIAN PRESS H/O

Cookbook of the Week

All vegetable lovers rejoice!

To open up the Mediterranean world to the North American kitchen, Clifford A. Wright presents an A-to-Z culinary reference.

Accessible and thoroughly useful, Mediterranean Vegetables includes information on more than 200 vegetables that are traditionally prepared in Mediterranean cookery.

Among the recipes in the book are: Greek Country Salad, Leeks in Lemon and Eggs Sauce, Oven-Baked Potatoes and Mushrooms, Stuffed Swiss Chard Leaves.

Each vegetable that is featured also comes with information on plant characteristics and varieties, plant origin and plant history. METRO

Ratatouille. Versatile and tasty classic French stew

Ingredients

- 30 ml (2 tbsp) extra-virgin olive oil
- 1 red onion, cut into thin wedges
- 5 cloves garlic, minced
- 15 ml (1 tbsp) each dried basil and oregano
- 1 large sweet green pepper, cut into chunks
- 2 zucchini, cut into chunks
- 1 eggplant (about 750 g/1 1/2 lb), cut into chunks
- 4 field tomatoes, chopped
- 1 can (796 ml/28 oz) whole tomatoes
- 45 ml (3 tbsp) tomato paste
- 5 ml (1 tsp) granulated sugar
- Salt and pepper, to taste
- 50 ml (1/4 cup) minced parsley
- 175 ml (3/4 cup) crumbled feta cheese

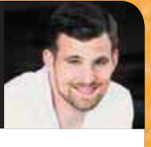
1. In Dutch oven, heat oil over medium-high heat. Add onion, garlic, basil and oregano; cook until slightly softened and aromatic, about 4 minutes.

2. Add green pepper, zucchini, eggplant and tomatoes. Stir in canned tomatoes, breaking up with a spoon. Bring to a boil. Reduce heat and simmer until vegetables are tender, about 30 minutes.

3. Stir in tomato paste, sugar, salt and pepper; cook for 7 minutes. (Make-ahead: Cover and refrigerate for up to 2 days; reheat.) Stir in parsley. Sprinkle feta on top of each serving. THE CANADIAN PRESS/FOODLAND ONTARIO

Gourmet Grilled Cheese

Exclusively created by Chef Dale MacKay



Servings: 4

Ingredients

8 slices	Multigrain bread
260 g	Armstrong Cheddar Cheese, freshly grated

Olive Tomato Spread

100 g	Black olives (pitted)
1/2	Roasted garlic clove
6	Medium semi dry tomatoes
5 tsp	Olive oil
10 leaves	Fresh flat leaf parsley
1/4	Zest of lemon

Directions

Olive Tomato Spread
- Combine all ingredients in a food processor until a light, chunky texture is achieved.

Assembly
- Lightly spread butter on both sides of the multigrain bread.
- On the inside of one slice, evenly spread a small amount of the olive – tomato mixture.
- Grate Armstrong Cheddar Cheese (65 g) on the same half, close the sandwich and place the buttered sides down in a frying pan at low heat until both sides are crisp and golden brown.
- Cut in half and enjoy!

Tip
- For perfectly roasted garlic, cut a bulb of garlic in half, across its equator, rub 1 tsp of olive oil on both sides, wrap it in tin foil and place in oven for 45 minutes at 275 °C.
- The garlic should be soft and a light golden brown when it comes out of the foil.
- Reserve one clove for the spread and refrigerate remainder.

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metro
MORTGAGES
Thursday, September 13, 2012

Know the new rules

Restrictions. Feds recently announced fourth set of changes to mortgages in the past four years

JANE DOUCET
For Metro

New mortgage rules are meant to lower risk for taxpayers and curb high household debt. JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

In June, Finance Minister Jim Flaherty announced the fourth round of mortgage restrictions in four years. Among other changes, those with less than 20 per cent equity will no longer be able to get a prime mortgage with a 30-year amortization; the maximum is now 25 years.

Another change is that the maximum refinance LTV (loan to value) ratio will be 80 per cent, down from 85. (The LTV ratio is calculated by dividing the loan balance of a property by the market value and is expressed as a percentage. For example, a property with a loan balance of $400,000 and a market value of $500,000 has a LTV ratio of 80 per cent.)

Cashback down-payment mortgages are on the way out; federally regulated lenders must eliminate them by the end of October.

In addition, the federal government is capping the maximum debt ratios for households and limiting government insurance to mortgages on homes with a purchase price of less than $1 million.

The new rules are meant to lower risk for taxpayers and curb high household debt, and they are mostly designed to help control the skyrocketing housing markets in Central and Western Canada. But what impact will they have on first-time homebuyers in general?

"Starter buyers will often have to borrow greater than 80 per cent," says Corey Regan, a mortgage specialist with One Stop Financial Solutions Inc. in Dartmouth, N.S. "And with five years shaved off the amortization, their monthly mortgage payments will be higher."

Experts estimate that it's not unreasonable to expect that at least 10 per cent of first-time buyers could be shut out of the market by these changes. Assuming that up to half of purchases come from first-timers, then overall home demand could slide five per cent or more — at least until house prices fall.

However, it isn't impossible to enter the market sooner rather than later.

"Maybe you won't be able to afford your dream single-family dwelling in your first choice of neighbourhood," says Regan, "but you can afford a semi-detached in another nice area."

Buying a home is an emotional decision, but if you are willing to reconsider the type of residence you want and where you want it to be, you will have more options.

And if you are set on buying the dream?

"Then you have to be patient and save for another year or two," says Regan.

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Choices. Fixed or variable? Which is best for you

Differences. Your decision will be based on cash flow, financial personality, and long-term goals

YLVA
VAN BUUREN
For Metro

Which type of mortgage should you go with: A fixed or variable rate mortgage?

With a fixed mortgage, explains the Financial Consumer Agency of Canada, the interest rate you pay to borrow the money (and the mortgage payments you pay regularly) are set for the entire term. On the other hand, a variable mortgage has an interest rate that fluctuates with prime and can change during the term.

A fixed rate mortgage traditionally has a higher interest rate, says David Smith, a mortgage broker and partner at Oriana Financial, Toronto. However, interest rates are so low right now that the spread between the variable and the fixed is not very great.

But there are other differences that can help you decide:

Your Need to Know
Do you want to know exactly what you owe on your house at the end of the term? A fixed mortgage shows you the interest and principal payments from start to finish.

Keep in mind that most financial institutions offer a fixed rate variable mortgage, too — which means you have a variable interest rate but your payments do not change for the term. What does change, explains Brenda Hiscock, a member of Advocis, the Financial Advisors Association of Canada and a certified financial planner with Guilfoyle Financial Planning Inc., is how much of each payment is interest and how much is used to pay down the principal — as the interest fluctuates with prime. "The mystery lies in what the balance will be at the end of the term."

Rates

"A fixed rate mortgage is predictable and safe from any interest rate uncertainty while a variable rate mortgage requires a certain ongoing vigilance."

When applying for a mortgage, you must decide whether you want a fixed rate or variable rate. ISTOCKPHOTO/THINKSTOCK

Your Financial Personality
A fixed rate mortgage is predictable and safe from any interest rate uncertainty while a variable rate mortgage requires a certain ongoing vigilance, says Smith. "Will the prime go up? Should you lock in or not?" You have to be prepared to stay on top of interest rates with a variable rate mortgage.

Cash Flow
A variable mortgage can make sense for people who have good cash flow. You can lock in at any time for three years or more, says Hiscock, and you have the cash flow to accommodate future increases and payments if that is the case.

Long-term Goals
How committed to the property you are can determine whether you want to lock into a long-term fixed rate or not. With interest rates at record lows, it is likely they will go up in the future. These days, says Smith, we can do a 10-year fixed mortgage for less than four percent ... locking in for that period might be an option for you.

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SPORTS 4

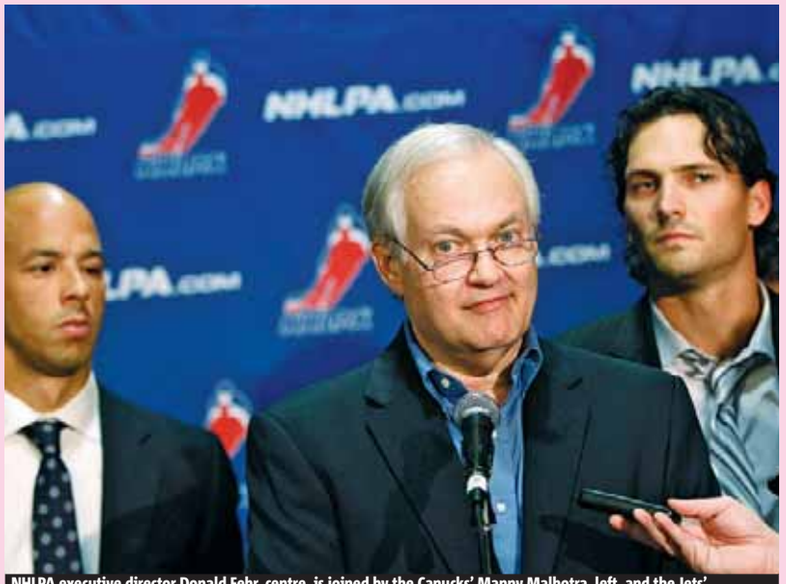
Mobile sports

Cricket

Tim Tebow's debut with the Jets was a dud, but a sprinkling of the backup QB and the wildcat package was more than enough against the Bills. Now the Jets have to decide whether to give Tebow more snaps or fewer Steelers in Week 2.

Offers fly as NHL labour talks resume

Lockout. League tables 'time-sensitive' offer after players' proposal falls flat with Bettman



NHLPA executive director Donald Fehr, centre, is joined by the Canucks' Manny Malhotra, left, and the Jets' Ron Hainsey as he speaks to reporters in New York on Wednesday. MARY ALTAFFER/THE ASSOCIATED PRESS

The NHL's collective bargaining talks resumed Wednesday with a sense of urgency and a flurry of activity, but one thing remained unchanged — the unmistakable gap between the sides.

With Saturday's midnight deadline for a lockout looming, Donald Fehr and Gary Bettman each tabled proposals that highlighted the differing views still held by players and owners on core economic issues.

The NHL's offer came with an added twist as commissioner Bettman indicated it would be taken off the table Saturday, citing the damage another lockout would inflict on the business. Fehr, the executive director of the NHL Players' Association, suggested the league had done its own damage.

"Think about it this way," he said. "You have a case where you talk about a lockout, you threaten a lockout, you tell your season ticket-holders and advertisers you're going to have a lockout, and then (once) you impose a lockout, then you want someone else to pay for it."

The NHL's latest proposal called for the players' share to be reduced to 49 per cent next season and would see it drop back to 47 per cent by the end of the six-year deal. Players currently receive 57 per cent of revenue.

The league's original offer in July came in at 43 per cent and was followed by one last month at 46 per cent.

"(This proposal) had meaningful movement in it and it was an attempt to engage the union finally in trying to make a deal," said Bettman.

However, Fehr said the league had moved from asking for an "extraordinarily large" amount of money back to a "very big" amount.

The first formal session of bargaining between the sides since Aug. 31 kicked off with the NHLPA tabling changes to its previous offer. It kept the first three years intact — a system not linked to hockey revenues with fixed increases of two per cent, four per cent and six per cent over the first three years — before having the final two years determined by a return to the percentage of overall revenues.

The precise number would be determined by the league's growth rate at that time, with the players' share set at a lower rate if business is booming, according to Fehr.

Bettman said the union's offer represented "very little movement, if any," which prompted him to draft a new deal on the fly with Boston Bruins owner Jeremy Jacobs and Calgary Flames owner Murray Edwards.

Perhaps the most telling sign about the negotiations is the fact the sides are still working off different models with only days remaining before the NHL's fourth work stoppage in 20 years. To make matters worse, they're currently only tackling the league's economic model, leaving such potentially contentious issues as revenue sharing, contract length and discipline to be worked out later.

THE CANADIAN PRESS

Getting together

On Wednesday night, the union opened a meeting with some 300 players in attendance, while the NHL's board of governors is scheduled to convene on Thursday.

- Meanwhile, the union says it has filed an application with Quebec's labour-relations board, along with at least 16 players of the Montreal Canadiens, asking it to declare a lockout illegal.
- A hearing on the application is scheduled for Friday morning in Montreal.

NFL

Griffin III's historic 1st week continues

Robert Griffin III is the first rookie quarterback to win an offensive-player-of-the-week award after his debut game.

The NFL announced Wednesday that Griffin is the NFC offensive player of the week for his performance in the Washington Redskins' 40-32 win over the New Orleans Saints.

The No. 2 overall draft pick completed 19 of 26 passes for 320 yards with two touchdowns and no interceptions in Sunday's victory — making him the first player in league history to amass 300-plus yards passing, two or more passing touchdowns and no interceptions in an NFL debut.

Robert Griffin III
THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

NBA

Knicks' Kidd to fight DWI charge

New York Knicks point guard Jason Kidd intends to fight a charge that he was drunk when he crashed his SUV into a telephone pole in the Hamptons, his lawyer said Wednesday.

When asked about the allegations at Kidd's brief procedural appearance at Southampton Town Court on Long Island, lawyer Edward Burke Jr. told reporters, "We are defending that."

Kidd was arrested in July, days after signing with the Knicks. He suffered minor injuries when the vehicle hit the pole and veered into the woods in the hamlet of Water Mill.

The misdemeanour charge carries the potential for up to a year in jail.

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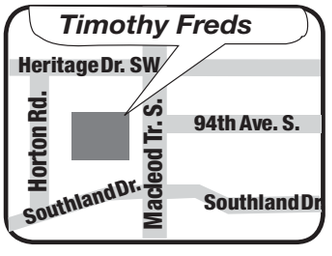

Still flying in the right direction?

Sitting near the bottom of the American League East, Blue Jays brass still believe they're on course in terms of building a playoff contender. Here's a look at Toronto's strengths and weaknesses and its prospects of future improvement:

TORSTAR NEWS SERVICE

Photos by Getty Images

Toronto Blue Jays general manager Alex Anthopoulos boasted last month that his last-place club had the makings of a "championship-calibre" offence and bullpen. They remain only a starting pitcher or two away from being a playoff-contending team, he said.

With less than a month remaining in Major League Baseball's calendar and the Jays long out of it, we take a more in-depth look to see just how close the Jays are to being a playoff-contending team.

Anthopoulos is right that pitching remains the club's biggest weakness. But is that all it will take to turn them into a contender?

Here's look at the gap between the Jays and the AL's leading wild-card contenders: The Baltimore Orioles, Oakland Athletics and Tampa Bay Rays:

Starting pitching

In assessing how the Jays' rotation compares to the AL's leading wild-card contenders, consider that the only Jays pitcher who would crack all of their rotations is Brandon Morrow. J.A. Happ and Carlos Villanueva should at least get into the Orioles', but they would be no sure thing. Ricky Romero and Henderson Alvarez would likely be left out.

Given the complete unknown that is the future of Romero, the Jays need to add one front-of-the-rotation starter — a bona fide No. 1 or No. 2 — to complement Morrow.

2 Offence

Before Jose Bautista was injured in mid-July (with almost all of the position players following suit later in the summer), the Jays led the majors in runs scored.

For that reason, Anthopoulos says upgrading the team's offence is not a major concern. Even at this stage in the season, the Jays sit comfortably ahead of the A's, Rays and Orioles in terms of runs scored.

Defence

At one point early in the season the Jays were among the best defensive teams in the league. They still lead the AL in defensive runs saved, a statistical metric that favours range and richly rewards Brett Lawrie, pictured, the Jays' athletic third baseman.

Their outfield, however, has been a different story. The Jays have more throwing errors from the outfield than any other AL team and rank second in outfield fielding errors.

But as long as Bautista and Edwin Encarnacion are in the Jays lineup, they will be built around offence.

1 Bullpen

Early underperformance and a lack of depth has left the Jays currently holding the AL's worst bullpen ERA.

Anthopoulos targeted improvements, acquiring right-handers Steve Delabar and Brad Lincoln. Of all the areas the Jays should feel comfortable about heading into the off-season, the bullpen is it, especially if closer Sergio Santos, pictured, returns from injury and pitches as well as he did in 2011.

MLB

Romero's losing streak reaches 13 games as Mariners ground Blue Jays

Miguel Olivo homered and Kyle Seager had three hits as Seattle extended Toronto starter Ricky Romero's losing streak in a 3-2 victory over the Blue Jays on Wednesday night.

Romero lasted only four-plus innings and has now dropped 13 straight decisions. It's the longest streak in the major leagues this season and the longest for a Blue Jay in a single year.

One of Toronto's few highlights came in the fourth inning when Edwin Encarnacion belted his 39th home run of the season. His two-run shot came off Mariners starter Kevin Millwood (6-12), who allowed just one other hit over five innings of work.

The four Seattle relievers were tremendous, holding the Blue Jays without a hit over the last four innings. Tom Wilhelmsen pitched the ninth for his 26th save.

Toronto (64-77) has dropped two straight to the Mariners and will try to avoid a sweep in Thursday night's series finale at Rogers Centre. Seattle improved to (69-74) with the win. THE CANADIAN PRESS

Tables turned on Canada in qualifiers

Canada's Marcel de Jong, left, boots the ball past Panama's Roman Torres during a 2014 World Cup qualifying soccer match in Panama City on Tuesday. ARNULFO FRANCO/THE ASSOCIATED PRESS

Soccer. Loss to Panama puts Canada in tough to advance to next stage of World Cup qualifying

It's a lesson in how quickly things can change in international football.

Canada, sitting atop its World Cup qualifying group after a dramatic 1-0 home victory over Panama Friday, now finds itself in tough following Tuesday's loss in Panama City.

Canada's potential saunter into the final stage of qualifying for the first time since 1998, is now poised to come down to the final match in Honduras.

Where's the offence?

2

Canada has scored only two goals in its four matches in this stage.

The 2-0 win by the Panamanians moves them into top spot in this four-team penultimate stage of qualifying for Brazil 2014 with a 3-1-0 record for nine points. Canada and Honduras, at 2-1-1, are tied with seven points apiece. Cuba is last at 0-4-0.

Honduras has the edge over Canada on goal differential.

The top two teams in the group will advance to the final stage of qualifying in 2013.

This stage will wrap up with each team playing two games next month.

Canada's fate will be decided in the final in Honduras on Oct. 16.

Ahead of that match, Canada hosts Cuba at BMO Field on Oct. 12 in a game from which they need all three points. That same night, Panama hosts Honduras.

"The group changed a little bit tonight," Canadian captain Kevin McKenna said following the 2-0 defeat Tuesday. "We will now need plenty of home support for a massive match in Canada." TORSTAR NEWS SERVICE

MLB. Win keeps Yankees tied for 1st in AL East

Wednesday's game

Yankees	Red Sox
5	4

Curtis Granderson hit two home runs, Robinson Cano also homered and the New York Yankees beat the Boston Red Sox 5-4 on Wednesday night to remain tied for first place in the AL East.

The Yankees finished the game without shortstop Derek Jeter, who left in the eighth after pulling up lame running out a double-play grounder.

A day after Jacoby Ellsbury's game-ending single dropped New York into a tie with Baltimore atop the division, the Yankees got all their runs on homers to remain there. The Orioles beat Tampa Bay 3-2 on Wednesday night, preserving the tie and dropping the Rays three games back in the division.

David Phelps (4-4) gave up one run on five hits and a walk in 5 2/3 innings, striking out five. Rafael Soriano got four outs for his 37th save, but not before allowing a solo homer to Jarrod Saltalamacchia to lead off the ninth. THE ASSOCIATED PRESS

Derek Jeter, left, congratulates Yankees teammate Curtis Granderson on his second home run on Wednesday in Boston. JARED WICKERHAM/GETTY IMAGES

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	80	62	.563	—
New York	80	62	.563	—
Tampa Bay	77	65	.542	3
Toronto	64	77	.454	15½
Boston	64	79	.448	16½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	76	66	.535	—
Detroit	75	67	.528	1
Kansas City	65	77	.458	11
Cleveland	59	84	.413	17½
Minnesota	59	84	.413	17½

WEST DIVISION

	W	L	Pct	GB
Texas	85	57	.599	—
Oakland	81	60	.574	3½
Los Angeles	77	65	.542	8
Seattle	69	74	.483	16½

Wednesday's results
Baltimore 3, Tampa Bay 2
Seattle 3, Toronto 2
N.Y. Yankees 5, Boston 4
Texas 5, Cleveland 2
Detroit 8, Chicago White Sox 6
Kansas City 10, Minnesota 5
Oakland at L.A. Angels
Tuesday's results
Baltimore 9, Tampa Bay 2
Seattle 4, Toronto 3
Boston 4, N.Y. Yankees 3
Texas 6, Cleveland 4
Detroit 5, Chicago White Sox 3
Kansas City 9, Minnesota 1
Oakland 6, L.A. Angels 5
Thursday's games
All Times Eastern
Tampa Bay (Hellickson 8-10) at Baltimore (W.Chen 12-9), 12:35 p.m.
Oakland (Bre.Anderson 4-0) at L.A. Angels (Weaver 16-4), 3:35 p.m.
Seattle (F.Hernandez 13-7) at Toronto (H.Alvarez 8-12), 7:07 p.m.
N.Y. Yankees (P.Hughes 14-12) at Boston (Doubront 10-8), 7:10 p.m.
Cleveland (McAllister 5-7) at Texas (D.Holland 10-6), 8:05 p.m.
Detroit (Verlander 13-8) at Chicago White Sox (Sale 16-6), 8:10 p.m.
Kansas City (Mendoza 7-9) at Minnesota (Hendriks 0-7), 8:10 p.m.
Friday's games
Detroit at Cleveland, 7:05 p.m.
Tampa Bay at N.Y. Yankees, 7:05 p.m.
Boston at Toronto, 7:07 p.m.
Seattle at Texas, 8:05 p.m.
Chicago White Sox at Minnesota, 8:10 p.m.
L.A. Angels at Kansas City, 8:10 p.m.
Baltimore at Oakland, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	89	54	.622	—
Atlanta	81	63	.563	8½
Philadelphia	72	71	.503	17
New York	65	78	.455	24
Miami	63	81	.438	26½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	87	57	.604	—
St. Louis	75	68	.524	11½
Pittsburgh	72	70	.507	14
Milwaukee	72	71	.503	14½
Chicago	56	87	.392	30½
Houston	45	98	.315	41½

WEST DIVISION

	W	L	Pct	GB
San Francisco	80	62	.563	—
Los Angeles	74	69	.517	6½
Arizona	71	72	.497	9½
San Diego	69	75	.479	12
Colorado	57	84	.404	22½

Wednesday's results
Philadelphia 3, Miami 1
San Diego 3, St. Louis 2
Cincinnati 2, Pittsburgh 1
Washington 2, N.Y. Mets 0
Chicago Cubs 5, Houston 1
Milwaukee 8, Atlanta 2
Arizona 3, L.A. Dodgers 2
San Francisco at Colorado
Tuesday's results
Philadelphia 9, Miami 7
Cincinnati 5, Pittsburgh 3
Washington 5, N.Y. Mets 3
Houston 1, Chicago Cubs 0
Milwaukee 5, Atlanta 0
San Francisco 9, Colorado 8
Arizona 1, L.A. Dodgers 0
San Diego 6, St. Louis 4
Thursday's Games
All Times Eastern
Philadelphia (Cloyd 1-1) at Houston (Harrell 10-9), 8:05 p.m.
St. Louis (Lynn 14-7) at L.A. Dodgers (Beckett 1-2), 10:10 p.m.
Friday's Games
Pittsburgh at Chicago Cubs, 2:20 p.m.
Cincinnati at Miami, 7:10 p.m.
Washington at Atlanta, 7:35 p.m.
Philadelphia at Houston, 8:05 p.m.
N.Y. Mets at Milwaukee, 8:10 p.m.
San Francisco at Arizona, 9:40 p.m.
Colorado at San Diego, 10:05 p.m.
St. Louis at L.A. Dodgers, 10:10 p.m.

MARINERS 3, BLUE JAYS 2

Seattle	ab	r	h	bi	Toronto	ab	r	h	bi
Ackley 2b	4	1	1	0	Lawrie 3b	3	0	0	0
Gutirrz cf	4	0	1	2	Rasms cf	3	1	0	0
Seager 3b	5	0	3	0	Encrnc 1b	3	1	1	2
JMontr dh	4	0	0	0	YEscor ss	4	0	0	0
MSndrs rf	3	0	1	0	Lind dh	2	0	1	0
Olivo c	5	1	1	1	RDavis ph-dh	1	0	0	0
Carp 1b	3	0	1	0	Arencii c	3	0	0	0
Smoak 1b	0	0	0	0	Sierra rf	3	0	0	0
TRonsn lf	4	0	1	0	Gose lf	3	0	0	0
C.Wells lf	0	0	0	0	Hchvrr 2b	3	0	0	0
Ryan ss	3	1	0	0					
Totals	**35**	**3**	**9**	**3**	**Totals**	**28**	**2**	**2**	**2**

Seattle	010	200	000	3
Toronto	000	200	000	2

DP—Seattle 1, Toronto 1. LOB—Seattle 12, Toronto 2. 2B—Ackley (20), Seager (28). HR—Olivo (10), Encarnacion (39). SB—M.Saunders (19).

	IP	H	R	ER	BB	SO
Seattle						
Millwood W,6-12	5	2	2	2	1	3
Kelley H,5	1 1-3	0	0	0	1	1
O.Perez H,5	1-3	0	0	0	0	0
Kinney H,7	1 1-3	0	0	0	0	3
Wilhelmsen S,26-29	1	0	0	0	1	2
Toronto						
R.Romero L,8-14	4	8	3	3	4	3
Delabar	2	0	0	0	1	4
Lyon	1	0	0	0	1	0
Oliver	1	0	0	0	1	2
Janssen	1	1	0	0	0	1

R.Romero pitched to 2 batters in the 5th.

Umpires—Home, Paul Emmel; First, Jerry Meals; Second, Scott Barry; Third, Gary Darling.

T—2:55. A—13,519 (49,260).

TENNIS

WTA CHALLENGE BELL

At Quebec City
Singles — Second Round
Lauren Davis, U.S., def. Yanina Wickmayer (2), Belgium, 6-1, 6-1.
Mona Barthel (3), Germany, def. Petra Rampre, Slovenia, 6-2, 6-1.
Kristina Mladenovic, France, def. Annika Beck, Germany, 4-6, 6-4, 6-3.
Doubles — First Round
Alicja Rosolska, Poland, and Heather Watson (1), Britain, def. **Stephanie Dubois, Laval, Que., and Heidi El Tabakh, Toronto,** 6-2, 6-2.
Gabriela Dabrowski, Ottawa, and Alison Riske, U.S., def. Liga Dekmeijere, Latvia, and Petra Martic (2), Croatia, 2-6, 6-3, 10-4.
Jessica Pegula and Maria Sanchez, U.S., def. Lindsay Lee-Waters and Megan Moulton-Levy (4), U.S., 7-5, 4-6, 10-4.
Quarter-finals
Gabriela Dabrowski, Ottawa, and Alison Riske, United States, def. Grace Min, United States, and **Carol Zhao, Richmond Hill, Ont.,** 6-3, 6-4.

WTA TASHKENT OPEN

At Tashkent, Uzbekistan
Singles — Second Round
Urszula Radwanska (2), Poland, def. Vitalia Diatchenko, Russia, 6-2, 6-2.
Irina-Camelia Begu, Romania, def. Alize Cornet (3), France, 6-4, 6-1.
Alexandra Cadantu (5), Romania, def. Sabina Sharipova, Uzbekistan, 1-6, 6-3, 6-3.
Bojana Jovanovski (6), Serbia, def. Eleni Daniilidou, Greece, 6-3, 6-7 (8), 6-3.
Alexandra Panova (7), Russia, def. Misaki Doi, Japan, 6-4, 6-4.
Galina Voskoboeva (8), Kazakhstan, def. Anna Chakvetadze, Russia, 6-1, 6-3.
Eva Birnerova, Czech Rep., def. Karin Knapp, Italy, 6-2, 6-2.
Donna Vekic, Croatia, def. Lara Arruabarrena-Vecino, Spain, 6-2, 6-2.

TRANSACTIONS

MLB

AMERICAN LEAGUE

BOSTON — Reinstated RHP Scott Atchison from the 60-day DL. Transferred LHP Franklin Morales to the 60-day DL.
CHICAGO — Reinstated RHP Gavin Floyd from the 15-day DL.
N.Y. YANKEES — Recalled OF Melky Mesa from Scranton/Wilkes-Barre (IL).
TEXAS — Extended its player development contract with Round Rock (PCL) through the 2018 season.

NATIONAL LEAGUE

HOUSTON — Reinstated SS Jed Lowrie from the 15-day DL.
N.Y. METS — Renewed their player development contract with Savannah (SAL) through the 2014 season.
SAN DIEGO — Extended their player development contract with Eugene (NWL) through the 2014 season.
SAN FRANCISCO — Assigned RHP Steve Edlefsen to Fresno (PCL). Reinstated RHP Clay Hensley from the 15-day DL.

NBA

OKLAHOMA CITY — Signed G DeAndre Liggins and G Andy Rautins.

NFL

NFL — Fined Dallas OT Tyron Smith $15,000 for a horse-collar tackle that prevented a touchdown on an interception return during the Sept. 5 game against the N.Y. Giants.
ARIZONA — Signed CB Greg McCoy to the practice squad. Released CB Larry Parker from the practice squad.
ATLANTA — Signed CB Terrence Johnson. Signed WR James Rodgers and G Phillip Manley to the practice squad.
BALTIMORE — Signed RB Bobby Rainey to the practice squad.
DALLAS — Signed CB LeQuan Lewis.
DENVER — Signed DE Jamie Blatnick to the practice squad. Released G Wayne Tribue from the practice squad.
GREEN BAY — Signed CB Brandian Ross to the practice squad. Released RB Marc Tyler from the practice squad.
JACKSONVILLE — Claimed T Troy Kropog off waivers from Tennessee.
KANSAS CITY — Reinstated LB Tamba Hali from the practice squad. Released LB Cameron Sheffield. Released WR Junior Hemingway from the practice squad.
MIAMI — Signed D Ryan Baker. Released LB Sammy Brown. Signed DT Chas Alecxih and WR Brian Tyms to the practice squad. Released WR Chris Hogan from the practice squad.
NEW ENGLAND — Signed S Cyhl Quarles to the practice squad. Released TE Alex Silvestro from the practice squad.
NEW ORLEANS — Placed WR Adrian Arrington on injured reserve. Signed WR Greg Camarillo.
N.Y. GIANTS — Signed WR Brandon Collins and T Matt McCants to the practice squad. Released CB Terrence Frederick and C Scott Wedige from the practice squad.
N.Y. JETS — Released WR Patrick Turner. Signed WR Stanley Arukwe and LB Ricky Sapp to the practice squad. Released WR Royce Pollard and CB LeQuan Lewis from the practice squad.
OAKLAND — Signed DE Brandon Bair and TE Nick Guess to the practice squad.
PHILADELPHIA — Signed WR Mardy Gilyard. Released S Jaiquawn Jarrett. Signed WR Derek Carrier to the practice squad. Released TE Chase Ford from the practice squad.
SAN DIEGO — Signed G Reggie Wells.
SEATTLE — Removed RB Vai Taua on injured reserve and released him. Signed NT Hebron Fangupo and WR Jermaine Kearse to the practice squad. Released C Tommie Draheim and TE Gabe Miller from the practice squad.
TAMPA BAY — Signed T Mike Remmers to the practice squad.
TENNESSEE — Signed G Deuce Lutui. Reinstated WR Kenny Britt from the suspended list. Released DE Pannel Egboh and T Troy Kropog.
WASHINGTON — Signed NT Delvin Johnson to the practice squad.

CFL

EDMONTON — Traded PK Derek Schiavone to Montreal for PK Brody McKnight.

NHL

FLORIDA — Assigned D Jason DeSantis, G Brian Foster, F Jonathan Hazen, G Michael Houser, F Quinton Howden, G Jacob Markstrom, F Mattias Lindstrom, F Anthony Luciani, D Josh McFadden, F John McFarland, D Alex Petrovic, F Jon Rheault, D Colby Robak, F Eric Selleck, F Drew Shore, F Scott Timmins and F Garrett Wilson to San Antonio (AHL). Loaned F Jonathan Huberdeau and F Vincent Trocheck to their junior clubs.
L.A. KINGS — Signed D Kurtis MacDermid to a three-year, entry-level contract.
SAN JOSE SHARKS — Named David Cunniff associate coach of Worcester (AHL).
TORONTO — Signed G Ben Scrivens to a two-year contract.
WASHINGTON — Re-signed F Troy Brouwer to a three-year contract.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	1	0	0	1.000	48	28
New England	1	0	0	1.000	34	13
Miami	0	1	0	.000	10	30
Buffalo	0	1	0	.000	28	48

SOUTH

	W	L	T	Pct	PF	PA
Houston	1	0	0	1.000	30	10
Jacksonville	0	1	0	.000	23	26
Indianapolis	0	1	0	.000	21	41
Tennessee	0	1	0	.000	13	34

NORTH

	W	L	T	Pct	PF	PA
Baltimore	1	0	0	1.000	44	13
Cleveland	0	1	0	.000	16	17
Pittsburgh	0	1	0	.000	19	31
Cincinnati	0	1	0	.000	13	44

WEST

	W	L	T	Pct	PF	PA
San Diego	1	0	0	1.000	22	14
Denver	1	0	0	1.000	31	19
Kansas City	0	1	0	.000	24	40
Oakland	0	1	0	.000	14	22

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	1	0	0	1.000	24	17
Washington	1	0	0	1.000	40	32
Philadelphia	1	0	0	1.000	17	16
N.Y. Giants	0	1	0	.000	17	24

SOUTH

	W	L	T	Pct	PF	PA
Tampa Bay	1	0	0	1.000	16	10
Atlanta	1	0	0	1.000	40	24
New Orleans	0	1	0	.000	32	40
Carolina	0	1	0	.000	10	16

NORTH

	W	L	T	Pct	PF	PA
Detroit	1	0	0	1.000	27	23
Chicago	1	0	0	1.000	41	21
Minnesota	1	0	0	1.000	26	23
Green Bay	0	1	0	.000	22	30

WEST

	W	L	T	Pct	PF	PA
Arizona	1	0	0	1.000	20	16
San Francisco	1	0	0	1.000	30	22
St. Louis	0	1	0	.000	23	27
Seattle	0	1	0	.000	16	20

WEEK TWO
Thursday's game — All Times Eastern
Chicago at Green Bay, 8:20 p.m.
Sunday's games
Tampa Bay at N.Y. Giants, 1 p.m.
New Orleans at Carolina, 1 p.m.
Arizona at New England, 1 p.m.
Minnesota at Indianapolis, 1 p.m.
Baltimore at Philadelphia, 1 p.m.
Kansas City at Buffalo, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Houston at Jacksonville, 1 p.m.
Oakland at Miami, 1 p.m.
Dallas at Seattle, 4:05 p.m.
Washington at St. Louis, 4:05 p.m.
Tennessee at San Diego, 4:25 p.m.
N.Y. Jets at Pittsburgh, 4:25 p.m.
Detroit at San Francisco, 8:20 p.m.
Monday, Sept. 17
Denver at Atlanta, 8:30 p.m.

GOLF

PGA TOUR

Next event: Tour Championship, Sept. 20-23, East Lake Golf Club, Atlanta.

LPGA TOUR/LADIES' GOLF UNION

WOMEN'S BRITISH OPEN

Site: Hoylake, England.
Schedule: Thursday-Sunday.
Course: Royal Liverpool Golf Club (6,657 yards, par 72).
Purse: $2.75 million. **Winner's share:** $418,825.
Online: http://www.lpga.com **or** http://www.ricohwomensbritishopen.com

EUROPEAN PGA TOUR

ITALIAN OPEN

Site: Fiano, Italy.
Schedule: Thursday-Sunday.
Course: Royal Park I Roveri (7,272 yards, par 72).
Purse: $1.91 million. **Winner's share:** $319,040.
Online: http://www.europeantour.com

WEB.COM TOUR

BOISE OPEN

Site: Boise, Idaho.
Schedule: Thursday-Sunday.
Course: Hillcrest Country Club (6,807 yards, par 71).
Purse: $725,000. **Winner's share:** $130,500.
Online: http://www.pgatour.com

CHAMPIONS TOUR

HAWAII CHAMPIONSHIP

Site: Kapolei, Hawaii.
Schedule: Friday-Sunday.
Course: Kapolei Golf Course (6,972 yards, par 72).
Purse: $1.8 million. **Winner's share:** $270,000.
Online: http://www.pgatour.com

CFL

WEEK 12

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	10	6	4	0	255	246	12
Montreal	10	6	4	0	273	310	12
Hamilton	10	3	7	0	290	339	6
Winnipeg	10	2	8	0	200	321	4

WEST DIVISION

B.C.	10	7	3	0	270	181	14
Calgary	10	6	4	0	268	254	12
Saskatchewan	10	5	5	0	267	206	10
Edmonton	10	5	5	0	239	205	10

Friday's game — All Times Eastern
Winnipeg at Calgary, 9 p.m.
Saturday's games
Edmonton at Hamilton, 3 p.m.
Toronto at B.C., 7 p.m.
Sunday's games
Saskatchewan at Montreal, 1 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	27	15	7	5	34	24	50
Chicago	27	14	8	5	37	32	47
New York	26	13	7	7	46	39	46
Houston	28	12	7	9	40	33	45
Columbus	27	12	9	6	33	32	42
D.C. United	27	12	10	5	43	38	41
Montreal	29	12	14	3	43	46	39
New England	28	7	14	7	35	38	28
Philadelphia	25	7	13	5	25	30	26
Toronto	28	5	17	6	31	50	21

WESTERN CONFERENCE

x-San Jose	27	16	6	5	56	33	53
Seattle	27	13	6	8	43	28	47
Real Salt Lake	29	14	11	4	38	32	46
Los Angeles	28	13	11	4	48	40	43
Vancouver	28	10	11	7	29	37	37
Dallas	29	8	12	9	34	38	33
Colorado	28	9	17	2	36	41	29
Chivas USA	26	7	12	7	21	41	28
Portland	27	7	14	6	27	46	27

x — clinched playoff berth.
Wednesday's result
Chicago 2 Toronto 1
Friday's games — All Times Eastern
Houston at Kansas City, 8:30 p.m.
Colorado at Los Angeles, 11 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
You are confused which direction to take. It's not like you to be so undecided but for now, the only safe decision is to make no decision at all until the early part of next week. What's the rush?

♉ Taurus
April 21 - May 21
Try not to let your anxieties get out of hand today because it could have a knock-on effect on your physical health. Experience should have taught you by now that the worst rarely happens, so strive to be positive.

♊ Gemini
May 22 - June 21
Try not to be sentimental about people or possessions. Gemini is ruled by mind planet Mercury, so you should find it easy enough to be logical. Use your head today. It could save you a lot of unnecessary torment.

♋ Cancer
June 22 - July 23
You may have to deal with someone whose opinions you dislike but chances are you will need their support in the very near future, so hold your tongue and get on with it. It can still be a good working partnership.

♌ Leo
July 24 - Aug. 23
Speak up and let others know what you think. You could, of course, stay quiet and enjoy an easy life. But that has never been your way — nor should it be when there is so much at stake.

♍ Virgo
Aug. 24 - Sept. 23
Certain people seem to be dragging their feet and almost daring you to do something about it. You don't have to put up with this kind of behaviour. If they're going to drag their feet, you've got an excuse to stamp yours.

♎ Libra
Sept. 24 - Oct. 23
A partnership issue will come to a head over the next 24 hours and you will have no option but to deal with it quickly. A clean break now may be preferable to a messy one later on. Give it some thought.

♏ Scorpio
Oct. 24 - Nov. 22
You may be a bit behind in your schedule but there is no need to panic. The planets indicate you will get to catch up next week. In the meantime, relax and focus more on things you enjoy.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone is not giving you enough for your money. Let them know you won't put up with such poor service. If you don't, the situation will continue. Throw off the nice guy image and get angry.

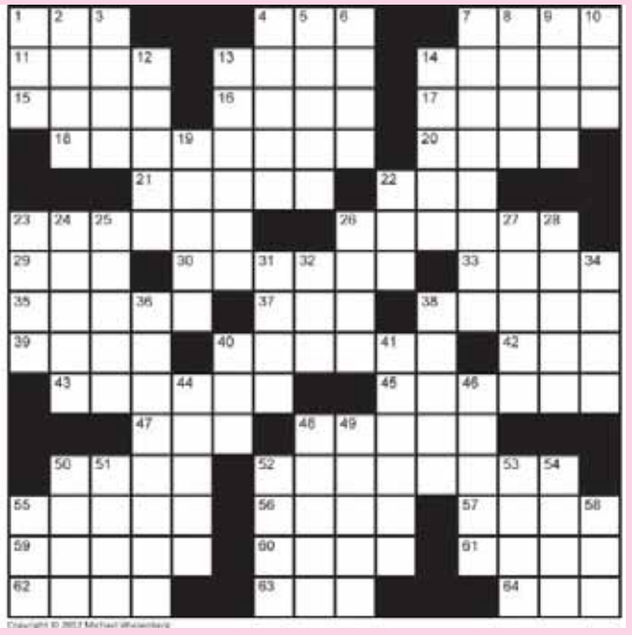
♑ Capricorn
Dec. 22 - Jan. 20
You're in a good mood at the moment but it could be spoiled by someone who seems to believe you owe them a living. You don't owe them anything. In fact, they owe you so don't let them drag you down.

♒ Aquarius
Jan. 21 - Feb. 19
Your sixth sense is telling you that what you are being told by a friend is not to be trusted. Thank them for their advice then do the opposite of what they suggest. It could save you money — and your reputation.

♓ Pisces
Feb. 20 - March 20
You are somewhat impulsive, which could cause problems with money. You should know by now that few things in life truly come for free, so make sure you know what the real cost is going to be.
SALLY BROMPTON

Crossword: Is a Puzzlement

BY MICHAEL WIESENBERG



Across
1. Miami's state: abbr.
4. PC maker
7. Sunbathing goal (2 wds.)
11. Points a gun
13. Norway's capital
14. NWT's Great ___ Lake
15. The Queen, or the ship named for her, in short (2 wds.?; initialism?)
16. Begin to melt
17. Ontario-born Mandel of *Deal or No Deal*
18. Ontario NHL team
20. Baseball stat
21. Decrease in intensity
22. *The Simpsons* bartender
23. Critic's write-up
26. Prime Minister Pearson
29. Tic-___-toe
30. Cultural no-nos
33. Stumble
35. Set of cultural values
37. ___ Jima: 1940s Pacific battle site
38. ___ hasty retreat: flee (2 wds.)
39. Cut
40. Shopping ___: mall
42. Repair tears
43. Chooses to get e-mail, maybe (2 wds.)
45. Entrance's opposite
47. Island: Fr.
48. "Gosh, you shouldn't've" (2 wds.)
50. Obtained: Fr.
52. East Coast's ___ Provinces
55. Prime Minister St. Laurent
56. ___ *Brockovich*
57. Cashmere source
59. Afternoon talk show host Winfrey
60. A very small quantity (9th Greek letter)
61. ___ Scotia
62. ___ sign: advertising medium
63. 180° from SSW
64. Tyrannosaurus ___

Down
1. Help page feature: initialism
2. Fibs
3. French friend
4. "____ the Sheriff" (2 wds.)
5. Sound loud
6. Cuts grass
7. Member of a Montréal CFL team
8. "I ___ I taw a puddy tat!" : Tweety
9. Hertz rival
10. "Her maiden name was ..."
12. Commandments Mount
13. Home of 18-Across
14. Chases away, as an animal
19. Aids a criminal
22. "___ amis": start of a French speech
23. These are found on road maps: abbr.
24. "Jack Sprat could ___ fat ..." (2 wds.)
25. _-___: blocker of offensive TV material
26. What a bank robber gets away with
27. Wipe out
28. Religious ceremonies
31. "Très ___"
32. Possess
34. Grizzlies have them
36. Glasses expert
38. Reproduce, biblically
40. Co. in Québec
41. Provincial capital whose name comes from a queen
44. Half-melted snow
46. What 15-Across does
48. Moses's brother
49. Communicate by letter
50. Climber's cord
51. 100 cents, overseas
52. "Deal ___": "I want a hand" (2 wds.)
53. Boggy area
54. Roof overhang
55. Horror film star Chaney Jr. or Sr.
58. GST or PST

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			1		3			
	5						2	
4		1				7		6
		4	8	1	7	6		
9								8
		5	2	9	4	1		
8		9				3		4
	7						5	
			9		2			

Yesterday's Sudoku

Weather

TODAY	FRIDAY	SATURDAY
MAX: 24° MIN: 6°	MAX: 24° MIN: 9°	MAX: 17° MIN: 4°

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2012 TOYOTA COROLLA
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